

The BOSTON
COOKING
SCHOOL
COOK BOOK

FANNIE MERRITT FARMER

COOKING TEMPERATURES

Chart for Baking Cakes, p. 649

Chart for Vegetable Cookery, p. 447

Chart for Cooking Sugar Sirups, p. 724

Chart for Canning, p. 770

Simmering (water)	180° F.
Boiling (water)	212° F.
Soft-ball stage (candies and sauces)	234° F.
Jellying stage	220°-222° F.
Very slow oven	250° F.
Slow oven	300° F.
Moderately slow oven	325° F.
Moderate oven	350° F.
Moderately hot oven	375° F.
Hot oven	400° F.
Very hot oven	450°-500° F.

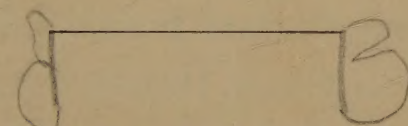
ROASTING CHART FOR MEATS

A meat thermometer registers the temperature at the center of the roast.

KIND OF ROAST	OVEN TEMPERATURE (AFTER SEARING)	INTERNAL TEMPERATURE	MINUTES PER POUND
Beef Ribs (standing)	300° F.		
Rare		140° F.	16
Medium		160° F.	22
Well-done		180° F.	30
Fillet of Beef	425° F.	140° F.	30 (for whole piece)
Pork (fresh)	300° F.	185° F.	35
Loin, 3-4 pounds		185° F.	35
Shoulder		185° F.	35
Fresh Ham		185° F.	35
Pork (cured)	300° F.		
Ham, 10-12 pounds		170° F.	25
Half ham		170° F.	30
Large ham		170° F.	20
Lamb	300° F.	180° F.	35
Veal	300° F.	170° F.	35

ROASTING CHART FOR POULTRY AND GAME

KIND OF ROAST	OVEN TEMPERATURE	TIME
Chicken (4 lb.)	350° F. (after searing)	2 hours
Duck, Domestic	450° F.	12-15 minutes per lb.
Duck, Wild	450° F.	15-30 minutes
Duckling	450° F.	30 minutes
Goose	400° F.	2 hours
Partridge	325° F. (sear 15 min. at 375° F.)	25 minutes
Pheasant	400° F.	30-40 minutes
Pigeon	400° F.	45 minutes or until tender
Plover	400° F.	15-20 minutes
Quail	400° F.	15-20 minutes
Squabs	400° F.	45 minutes
Turkey (10-12 lb.)	350° F. (after searing)	3 hours



DEEP-FAT FRYING CHART

To Test Temperature of Fat. Use fat thermometer registering up to 400° F. If thermometer is not used, see p. 26.

ARTICLES	TEMPERATURE	TIME, MINUTES
Fritters, Doughnuts, and Other Uncooked Mixtures	370° F.	3 to 5
Croquettes, Fishballs, and Oysters (cooked mixtures in general)	390° F.	1
Potatoes, Raw	370°-395° F.	4 to 8
Breaded Chops	360°-400° F.	5 to 8
Fillets of Fish	370° F.	4 to 6
Smelts, Trout, and Other Small Fish Cooked Whole	370° F.	3 to 5

Note: The extent of surface exposed to the heat determines length of time for cooking meat and fish rather than number of pounds to be cooked.

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THE BOSTON COOKING-SCHOOL
COOK BOOK



Making a Tray of Small Pastries

THE BOSTON COOKING-SCHOOL COOK BOOK

BY

FANNIE MERRITT FARMER

Sixth Edition, Completely Revised



With Illustrations

BOSTON

1937

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TO
MRS. WILLIAM B. SEWALL

IN APPRECIATION OF HER HELPFUL ENCOURAGEMENT
AND UNTIRING EFFORTS IN PROMOTING THE
WORK OF SCIENTIFIC COOKERY

THIS BOOK IS AFFECTIONATELY DEDICATED
BY THE AUTHOR

Cookery means the knowledge of Medea and of Circe and of Helen and of the Queen of Sheba. It means the knowledge of all herbs and fruits and balms and spices, and all that is healing and sweet in the fields and groves and savory in meats. It means carefulness and inventiveness and willingness and readiness of appliances. It means the economy of your grandmothers and the science of the modern chemist; it means much testing and no wasting; it means English thoroughness and French art and Arabian hospitality; and, in fine, it means that you are to be perfectly and always, ladies — loaf givers. —RUSKIN.

PREFACE TO THE NEW EDITION

Fannie Merritt Farmer was both pioneer and scholar in the field of cooking. As pioneer, she was progressive and imaginative in her approach to the subject. As scholar, she contributed patience and accuracy to her work, which enabled the two editors who followed her to build on a foundation of solid achievement.

In Miss Farmer's spirit, the present revision of her Boston Cooking School Cook Book has been made. One task has been to group the recipes in such a way that their similarity was made obvious. Wherever possible, variations have been placed with the basic recipe to which they belong. It is hoped that this rearrangement will encourage the users of the book to venture away from the conventional, while feeling secure in following familiar methods.

Other changes have been made to conform with modern fashions in food. Cocktail parties are so much the vogue that the chapter on canapés and hors d'œuvres has been considerably lengthened. Recipes for many choice foreign and regional specialties have been gathered since the last revision and are now included. Wine as an ingredient is so much more widely used than heretofore that room was made for many fine old recipes requiring its use.

It is with a feeling of deep gratitude and pride that the present editor here records her debt to the many friends of the book who have contributed suggestions for improvement and even treasured family recipes. Especially helpful were Miss Alice Bradley and her staff of Miss Farmer's School of Cookery, Mrs. Charles Mandeville Ludden, Mrs. Alfred R. McIntyre, and Mrs. Robert O. Wood. The latter assisted ably in the preparation of the book. The illustrations were made by Mr. Paul W. Davis, who contributed exact knowledge and patience to his task.

WILMA LORD PERKINS

Harvard, Massachusetts
July 18, 1936.

PREFACE TO THE FIRST EDITION

“BUT for life the universe were nothing; and all that has life requires nourishment.”

With the progress of knowledge the needs of the human body have not been forgotten. During the last decade much time has been given by scientists to the study of foods and their dietetic value, and it is a subject which rightfully should demand much consideration from all. I certainly feel that the time is not far distant when a knowledge of the principles of diet will be an essential part of one's education. Then mankind will eat to live, will be able to do better mental and physical work, and disease will be less frequent.

At the earnest solicitation of educators, pupils, and friends, I have been urged to prepare this book, and I trust it may be a help to many who need its aid. It is my wish that it may not only be looked upon as a compilation of tried and tested recipes, but that it may awaken an interest through its condensed scientific knowledge which will lead to deeper thought and broader study of what to eat.

F. M. F.

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THE BOSTON COOKING-SCHOOL
COOK BOOK

CHAPTER 1

MENU MAKING

Menu making should put gaiety into housekeeping. Cooking may be as much a means of self-expression as any of the arts. No cookbook, nor any book dealing with an art, can provide the spark of genius, but it can — and should — serve as a source of inspiration and information.

Most housewives who are bored with planning meals are those who have a cooking repertory of limited range and are conservative about trying anything new. An excellent first step away from old habits is to look for variations to use with dishes already familiar, — a new sauce, new shapes and seasonings for breads, a salad dressing with a slight change of ingredients, even new garnishes or accompaniments, etc.

There are no unbreakable rules for menu making. Dishes which were once considered incorrect for any but the simplest home meal now appear at parties, — corned beef hash, kidney stew, and finnan haddie, for example. Experiment in combinations of food, remembering to provide variations in texture, color, flavor, and shape.

Except for hotel and steamer buffet spreads, the day of over-decoration of foods has disappeared, happily for the epicure. No longer does the cook struggle to make food appear to be what it is not or conceal its essential character by masking it with whipped cream or mayonnaise. The choicest dish looks as though it had been manipulated very little in the making.

Personal visits to the grocery, fruit store, and market often provide inspiration and suggestion not acquired by telephone ordering. Encourage your grocer and butcher to suggest foods which are at their prime or at special prices.

FOOD VALUES

Unless special requirements must be met, the necessary vitamins will be provided automatically if the so-called protective foods appear regularly on the marketing list — fresh fruits and vegetables, the leafy vegetables and salad ingredients, the cereals and whole grains, milk, eggs, fish, cheese and meat, butter or olive oil or both. A growing child should have as much as a quart of milk each day.

BREAKFAST

Although breakfast is almost universally a standardized meal, an occasional surprise is welcome. Jams, marmalades, or honey in attractive pots provide one simple way to introduce a variation into the usual menu.



A Breakfast Tray

An ample tôle or decorated tin tray allows uncrowded arrangement without inconvenient weight. A bouquet is a pleasant morning greeting, but it should be low. Well-balanced equipment, heat-retaining serving dishes, and a small thermos jug for beverages are useful. Most people prefer to have the tray rest on a folding stand or low table rather than on the bed, where there is danger of tipping. Remember the morning paper!

A late, hearty breakfast may serve as a combined breakfast and lunch or "brunch", as it is sometimes called. It may be served buffet style or not and is a pleasant meal to share in a leisurely manner with guests on a Sunday or holiday.

A "Wedding Breakfast" is really a luncheon with a menu suited to that meal.

BREAKFAST SUGGESTIONS

Fruits: Orange juice, grapefruit juice, tomato juice⁷⁷², fresh fruit or berries (preparation⁵⁰, apples, baked⁵³ or sauce⁵⁴, apricots⁵⁵, or prunes⁵⁷).

Beverages: Tea³⁶, coffee³⁷, or coffee substitutes, café au lait³⁹, cocoa⁴¹, or milk.

Cereals: Serve prepared or hot cereals⁶², hominy⁶², boiled⁶³ or steamed⁶⁴ rice or corn meal mush⁶², with brown or white sugar and cream or top milk. Dates (stoned and cut in pieces) or raisins may be stirred into hot cereal just before serving. Berries, sliced peaches, or sliced bananas may be served on any cereal.

Main Dishes: Eggs in various ways³⁶¹, Broiled Fillets of Fish²¹², Broiled Scrod²¹², Sautéed Shad Roe²²⁸, Fish Balls²³⁸, Kipperd Herring²³⁹, Baked²³⁹ or Broiled Finnan Haddie²⁴⁰, Broiled Lamb Chops²⁸², Bacon³⁰⁸, Broiled Ham³⁰⁹, Broiled Kidneys³²⁴, Broiled Tomatoes⁴⁸¹, with Bacon. Pancakes¹⁰⁴, Buckwheat Cakes¹⁰⁶, Waffles¹⁰⁷, etc.

Breakfast Breads: Toast⁶⁴, Coffee Breads and Kuchen⁷³, Crescent Rolls⁷⁹, Buns⁸³, Hot Cross Buns⁸³, etc., Coffee Rolls or Brioche⁸⁴, Baking Powder Biscuits⁹⁰, Muffins⁹¹, Popovers⁹⁴, Corn Bread⁹⁶ and Muffins⁹⁷, Irish Bread.⁹⁹

A QUICK BREAKFAST

	Fresh Fruit ⁵⁰
	Poached Eggs ³⁶⁴
Toast ⁶⁴	Orange Marmalade ⁷⁵¹
	Coffee ³⁷

Small figures refer to the pages where recipes appear in this book.

A SUNDAY-MORNING OR COMPANY BREAKFAST

Cantaloupe⁵¹Cereal⁶², if desiredScrambled Eggs³⁶⁹ with Broiled Sausages³¹³*or*Broiled Scrod²¹² with Creamed Potatoes⁴⁴³Sautéed Tomatoes⁴⁸¹ Corn Bread⁹⁶Coffee³⁷

LUNCHEON

A perfect luncheon is light and simple but satisfying. The present trend is toward shorter menus, two or three courses being the average. The luncheon usually begins with a clear or cream soup served in cups, but there are other popular choices, such as a tomato or fruit juice cocktail, fruit cocktail, or other appetizer, or a light fruit or vegetable salad or shell fish or a well-seasoned egg dish. Dessert may be delicate or hearty as required by the season and the type of main dish served. Fruit or a fruit salad may replace dessert.

Tea, chocolate, or coffee may be served with an informal luncheon, but black coffee is the correct choice after a formal luncheon.

MAIN COURSE:

Cheese Soufflé³⁸⁸, Chinese Cabbage and Tomatoes⁴⁵⁵, Cream Scones⁹¹

Macaroni Ring filled with Creamed Mushrooms³⁸², Asparagus Salad⁵⁰⁶

Florentine Eggs in Casseroles³⁶⁸, Pinwheel Biscuits⁹⁰ or Nut Bread¹⁰¹

Lobster Stew¹⁶⁹, Toasted English Muffins⁶⁴, Green Salad⁵⁰⁵

Individual Vegetable Salads⁵¹⁰, Honey Bread¹⁰⁰

Vegetable Chowder¹⁷⁷, Toasted Cheese Sandwiches⁷¹⁹, Edgewater Pear Salad⁵¹⁴

Smelts, Amandine²³⁰, Purée of Spinach⁴⁷⁷ with Hollandaise²⁰¹, if desired, Luncheon Rolls⁸⁰

Fish Balls²³⁸, Mint Glazed Carrots with Peas⁴⁵⁶, Hot Corn Bread⁹⁶

Samoset Scallops²⁵⁷, Melba Toast⁶⁴, Maçédoine Salad⁵¹⁰

Small figures refer to the pages where recipes appear in this book.

Corned Beef Hash²⁸⁰, Succotash⁴⁵⁹, Rye Bread⁷¹
Mixed Grill²⁸⁵, Hard Rolls, Normandy Salad⁵⁰⁵
Sweetbreads Monroe³²², Alligator Pear and Orange Salad⁵¹²,
 Cream Bread Fingers⁸¹
Chicken Hash³⁵⁸, Corn Pudding⁴⁶⁰ (if desired), Tiny Lima
 Beans⁴⁵⁰ or Green Beans⁴⁴⁹, Orange Peel Bread¹⁰¹ or Popovers⁹⁴
Crabmeat and Pineapple Salad⁵²¹, Crescent Rolls⁷⁹
Alligator Pear Stuffed with Shrimp⁵²⁷, Corn Crisps⁹⁷
Shrimps, Louisiana Style⁴¹¹, Southern Biscuits⁹⁰, Cucumber
 and Radish Salad⁵⁰⁷
Eggs à la Mimosa⁴²⁸, Cheese Biscuits⁷⁷ (Hot Mocha Soufflé⁵⁵⁵
 for dessert)
Stuffed Mushrooms on Toast⁴⁶⁹, Broiled Bacon³⁰⁸ or Tiny
 Pork Sausages³¹³, Celery Salad⁵⁰⁶

Fresh Vegetable Plate

- I. Turkish Pilaf³⁷⁷, Broccoli⁴⁵³, Hollandaise²⁰¹, Fried Egg-plant⁴³³
- II. Baked Stuffed Tomato⁴⁹², Green Beans⁴⁴⁹, Braised Celery⁴⁵⁸,
 Corn Fritter⁴⁶⁰
- III. Baby Carrots⁴⁵⁵, Spinach⁴⁷⁷, Lima Beans⁴⁵⁰, Baked Stuffed
 Potato⁴³⁰
- IV. Stuffed Mushrooms⁴⁶⁹, Green Peas⁴⁷⁴, Parsley Potatoes⁴³⁴,
 Cauliflower⁴⁵⁷

(Also: See Suggestions under Sunday Night Suppers, p. 17.)

LUNCHEON MENUS

I

Stuffed Eggs ³⁶⁴	Melba Toast ⁶⁴
Cold Lobster ²⁴⁶	
Maçédoine Salad ⁵¹⁰	Tiny Hot Rolls ⁷⁵
Coffee Ice Cream ⁵⁸⁷	Whipped Cream ⁶¹⁶
Cream Sponge Cakes ⁶⁵²	

II

Bouillon ¹⁴⁴	
Finnan Haddie, Delmonico ²⁴⁰	
Small Lima Beans ⁴⁵⁰	Corn Bread ¹⁹⁶
Maçédoine of Fruit ⁶⁰	
Cookies ⁶⁹¹	

Small figures refer to the pages where recipes appear in this book.

III

Tomato and Cottage Cheese¹²⁸
 Scrambled Eggs, New York Style³⁶⁹
 Asparagus⁴⁴⁸, Vinaigrette²⁰⁶ Cream Scones⁹¹
 Mocha Soufflé⁵⁵⁵

IV

Celery and Tomato Purée¹⁷⁴
 Cheese Custard Ring³⁸⁹ filled with Green Peas⁴⁷⁴
 Orange Peel Bread¹⁰¹ Spring Salad⁵⁰⁵
 Lemon Tarts⁶⁴⁰

V

Split Pea Soup¹⁷⁵
 Hot Crackers Green Salad⁵⁰³ Cheese³⁸⁵
 Chocolate Bread Pudding⁵³⁸
 Whipped Cream⁶¹⁶ or Hard Sauce with Cream⁶⁰⁹

VI

WEDDING BREAKFAST

Bouquet Cocktail⁶⁰ or Clear Chicken Broth¹⁵¹
 Lobster à la Delmonico⁴⁰⁹ in Swedish Timbale Cases⁴⁰⁴
 Piedmont Potato Croquettes⁴³⁸
 Bowknot Rolls⁷⁹
 Strawberry Parfait Amour⁶⁰³
 Black Coffee³⁹

DINNER

The long elaborate dinner is — happily — outmoded. Regard for health and beauty as well as a love of games and the theater have contributed to the vogue for fewer and simpler courses. Even for important occasions, a dinner in a private house will seldom include more than:

1. Soup (preferably clear) or a fish course, occasionally both
2. Broiled poultry or other light meat course, carved in the kitchen and passed with a salad or vegetable

Small figures refer to the pages where recipes appear in this book.

3. A light salad (if not served with the meat) or a vegetable, such as asparagus or artichokes

4. An ice, mousse or bombe, or other delicate dessert

5. Black coffee

An English dinner will conclude with a savory such as wafers and cheese, cheese soufflé, or apple savories, etc.

Dinner breads, if served at all, should be small and light, such as Melba toast, toasted rolls, or small hot rolls.

As adapted to a simple home dinner, the menu becomes:

1. Soup, thick or thin, or an appetizer, fruit or fruit cup, or salad

2. Main course with vegetable and salad

3. Dessert — light or hearty, fruit or fruit salad with cheese and crackers

A FEW RULES FOR SUCCESSFUL DINING

1. Foods at the height of their season are the best choice, both for economy and interest.

2. Serve a light dessert with a heavy main course and vice versa.

3. Do not repeat flavors in the same menu (tomato soup and tomato salad, etc.).

4. Serve at least one hot dish, even for a midsummer meal.

5. If wine is to be served with dinner, make the salad dressing with wine vinegar, since malt vinegar kills the taste of the wine.

6. Try out new recipes and combinations before presenting them to guests.

7. Use generous-sized serving dishes so that food may be arranged attractively without crowding or danger of spilling when served.

DINNER SUGGESTIONS

Soups (pp. 141–179) and **Soup Accompaniments** (pp. 130–133):

For a formal dinner, a clear soup is preferred, such as Consommé¹⁴⁵, Clear Mushroom Soup¹⁴⁶, Essence of Tomato¹⁴⁹, Tomato Madrilene¹⁵⁴, Clam Bouillon¹⁶², etc.

Fish Course: Fish Mousse²²², Whitebait²³¹, Oyster Crabs²⁴⁴, Fricassee of Lobster and Mushrooms²⁴⁶, Savory Oysters²⁵³, etc. Shrimps with Dill²⁵⁹, Lobster Croquettes⁴⁰¹, etc. Croustilles à

Small figures refer to the pages where recipes appear in this book.

DINNER SUGGESTIONS, *continued*

la Russe⁴⁰², Halibut Marguerites⁴¹³, Halibut Timbales⁴¹⁶, Lobster Timbales⁴¹⁷, Lobster Mousse⁴¹⁷, Crabmeat Mornay⁴¹², etc., Lobster à la Newburg⁴⁰⁹, etc. Creole Tomatoes⁴⁸³.

Potatoes: For the simple dinner, see Potatoes (pp. 430-445).

Wild rice⁶³ or hominy cakes⁶² or croquettes are delicious substitutes with poultry and game.

For the formal dinner, a starchy vegetable is often omitted.

If served, choose tiny new potatoes, Fried Potato Balls⁴³⁷, Potato Rissolée⁴³⁷, or Lattice Potatoes⁴³⁷, etc.

Vegetables (pp. 446-485): See also Fritters (pp. 392-396).

For the formal dinner, serve fresh green vegetables, cut daintily, asparagus with melted butter or Hollandaise²⁰¹ (often as a separate course), tiny Lima beans⁴⁵⁰, mushrooms⁴⁶⁷, chestnuts in cream⁴⁵⁸ or puréed⁴⁵⁹, spinach à la Béchamel⁴⁷⁷.

Salads: If there is to be a dessert course, the dinner salad should be extremely simple — a green salad⁵⁰³, Alligator Pear Salad⁵¹², or Grapefruit and Watercress⁵¹³, etc.

Salad and dessert may be combined by serving a mixed fruit salad⁵¹⁵ or frozen fruit salad⁵²³ with toasted crackers¹³⁰ and cheese³⁸⁵.

Desserts: Fruits⁵⁰, French Pancakes¹⁰⁶, Custards and Puddings⁵²⁹, Soufflés and Sweet Omelets⁵⁵⁴, Frozen Desserts⁵⁷⁶, Pastry Desserts⁶³⁷.

For the formal dinner, frozen desserts are the usual choice, a mousse or parfait⁵⁹⁰, Baked Alaska⁵⁹⁷, a bombe or mold⁵⁹⁹. Also Soufflés⁵⁵⁴, Charlottes⁵⁶⁷.

MAIN COURSE: (See Fish²⁰³, Beef²⁶⁰, Lamb and Mutton²⁸¹, etc.)

* **Larded Fillet of Beef**²⁷¹, New Parsley Potatoes⁴³⁴, Peas⁴⁷⁴, Green Beans⁴⁴⁹, or Asparagus⁴⁴⁸

* **Tournedoes of Beef**²⁶⁴, Stuffed Mushroom Caps⁴⁶⁹, Chantilly Potatoes⁴³², Broiled Tomatoes⁴⁸¹

* **Fillet of Beef with Vegetables**²⁷², Brabant Potatoes⁴³⁵

Roast Beef²⁶⁹, Yorkshire Pudding²⁷¹, Horse-radish Sauce II²⁰⁶, Franconia⁴³⁵ or Mashed Potatoes⁴³², Cauliflower⁴⁵⁷ or Beets⁴⁵²

* Especially suitable for company dinner.

Small figures refer to the pages where recipes appear in this book.

- * **Roast Saddle of Lamb**²⁸⁷, Mint Sauce or Currant Mint Sauce²⁰⁵, Boiled New Potatoes⁴³¹ or Savory Potatoes⁴³², Asparagus⁴⁴⁸ Hollandaise²⁰¹
- Fried Chicken**³³⁸, Hominy Cakes⁶², Lima Beans⁴⁵⁰, Corn Pudding⁴⁶⁰
- * **Roast Wild Duck**³⁴⁷, Wild Rice⁶³ or Hominy Cakes⁶², String Beans⁴⁴⁹ or Peas⁴⁷⁴
- Pork Chops, Sweet Potatoes and Apple**³⁰⁴, Ripe Tomato Pickle⁷⁶⁰
- Salmon Loaf**²³⁷, Scalloped Potatoes⁴³⁵, Pear and Celery Salad⁵¹⁴
- Corned Beef Hash**²⁸⁰, Celery Relish¹⁸⁶, Harvard Beets⁴⁵²
- Planked Steak**²⁶³
- Roast Crown of Pork**³⁰⁵, Scalloped Sweet Potatoes and Apples⁴⁴², Cauliflower Allemande⁴⁵⁷
- Smothered Chickens, Sour Cream Sauce**³³⁷, Chestnut Croquettes³⁹⁷, Broccoli⁴⁵³, Drawn Butter¹⁹⁴
- Chicken Curry**³⁴⁵, Turkish Pilaf³⁷⁷, Braised Celery⁴⁵⁸
- * **Larded Breast of Guinea Chicken**³³⁹, Sweet Potato Balls⁴⁴², Artichokes⁴⁴⁷ Hollandaise²⁰¹
- Roast Turkey**³⁵², garnished with Broiled Pork Sausages, Cranberry Jelly¹⁸⁶, Sweet Potatoes, Georgian Style⁴⁴⁰, Brussel Sprouts with Chestnuts⁴⁵³
- * **Roast Squab**³⁵², Chestnut and Sausage Stuffing¹⁸³, Green Salad⁵⁰³.

DINNER MENUS

I

Tomato Madrilène¹⁵⁴
 Melba Toast⁶⁴ Olives and Radishes
 Fish Mousse²²², Normandy¹⁹⁵ or Lobster Sauce¹⁹²
 Thin Brown Bread¹⁰² Sandwiches
 Sliced Tomatoes and Wilted Cucumber⁴⁶²
 Grilled Tournedoes of Beef²⁶⁴
 Mustard Sauce²⁰⁵
 Maître d'Hôtel Potatoes⁴³³ Sautéed Mushrooms⁴⁶⁸
 Sultana Roll, Claret Sauce⁶⁰³
 Black Coffee³³

* Especially suitable for company dinner.

Small figures refer to the pages where recipes appear in this book.

II

WILD DUCK DINNER

Cream of Mushroom¹⁵⁷ Bread Sticks

Roast Wild Duck³⁴⁷

Currant Jelly

Boiled Wild Rice⁶³ *or* Hominy Cakes⁶² Green Beans⁴⁴⁹ *or* Peas⁴⁷⁴

Endive, Lettuce, and Orange Salad⁵¹³

French Dressing⁴⁸⁶

Toasted Crackers Cheese³⁸⁵

Coffee³⁹

If another course is desired, serve oysters on the half shell first or a fish course of Scallops Newburg⁴¹⁰, or Fried Flounders²¹³ with Tartare Sauce²⁰⁷, or a dessert, ice cream, or Mont Blanc⁵⁴⁶.

If a very fine Burgundy is to be served with duck, omit salad or dessert and serve a Cheese Soufflé³⁸⁸.

III

SPRING DINNER

Consommé¹⁴⁵

Melba Toast⁶⁴ Olives and Celery⁴⁹⁹

Roast Saddle of Hothouse Lamb²⁸⁷

or

Boned Loin of Lamb²⁸⁷

Currant Mint Sauce²⁰⁵

New Potatoes⁴³¹ Green Peas⁴⁷⁴

* Asparagus⁴⁴⁸

Hollandaise Sauce²⁰¹ *or* Melted Butter

Noisette Bombe⁶⁰² Tiny Sponge Cakes⁶⁵²

After Dinner Coffee³⁹

* Or Asparagus Vinaigrette. Serve as a separate course.

Small figures refer to the pages where recipes appear in this book.

IV

SOUTHERN DINNER

Black Bean Soup¹⁷²
 Maryland Beaten Biscuit⁹⁶ Watermelon Pickle
 Fried Chicken, Cream Gravy³³⁸
 Hominy Cakes⁶² or Corn Pudding⁴⁶⁰
 Broiled Tomatoes⁴⁸¹ Lima Beans⁴⁵⁰
 Brandied Peaches⁷⁵⁹
 Pound Cake⁶⁶¹
 Coffee³⁹

HOLIDAY DINNERS

Certain dishes are traditionally associated with various holidays, and even the modern trend towards simpler meals will probably make little progress in dealing with the Thanksgiving menu.

THANKSGIVING

Oyster Bisque¹⁶¹
 Roast Turkey³⁵², garnished with tiny broiled sausages³¹³
 Brown Gravy³⁵³ Cranberry Sauce¹⁸⁶
 Mashed Potatoes⁴³² Mashed Turnip⁴⁸³ or Baked Winter Squash⁴⁸⁰
 Onions, Buttered or in Cream⁴⁷¹
 Grapefruit and Celery Salad⁵¹³
 Pumpkin Pie⁶³⁵
 Fruit Nuts
 Black Coffee³⁹

CHRISTMAS

Celery⁴⁹⁹ Oysters on the Half Shell¹²⁵ Olives
 Bouillon¹⁴⁴ or Essence of Tomato¹⁴⁹ Melba Toast⁶⁴
 Roast Goose³⁴⁷, Savory Stuffing¹⁸⁰ or Little Roast Pig³⁰⁶
 Mashed Potatoes⁴³² Creamed Onions⁴⁷¹
 Apple and Grape Salad⁵¹²
 Mince Pie⁶³² or Plum Pudding, Hard and Liquid Sauce⁵⁵¹
 Black Coffee³⁹

Small figures refer to the pages where recipes appear in this book.

AFTERNOON TEA

With a pot of perfectly made tea (p. 36), thin buttered toast or finger-shaped bread-and-butter sandwiches are sufficient for an informal tea. A simple sandwich, plain cake or cookies are served if at hand but need by no means be considered essential.

A formal tea for a large company is usually served from the dining-room table, which is set with tea and its accompaniments at one end and another beverage or an ice at the opposite end. Along the sides of the table are arranged large plates of sandwiches and small cakes. Do not overcrowd the plates but bring a fresh supply at intervals, especially if some are hot.

TEA SUGGESTIONS

Toast and Hot Breads: Melba Toast⁶⁴, Toasted English Muffins⁶⁴, Cinnamon Toast⁶⁵, Orange Toast⁶⁵, Maple Toast⁶⁵, Toasted Raisin Bread⁷¹, Tea Cakes⁸⁶, Sally Lunn Tea Cakes⁸⁶, Baking Powder Biscuits⁹⁰, etc., Scones⁹¹, Afternoon Tea Crackers⁹⁵, Cream Wafers⁹⁵, Afternoon Tea Doughnuts¹¹³, Gingerbread⁶⁸⁸ (baked in lady finger or other small pans) *

Sandwiches: Make small, firm ones, easily handled and not full. They may be open (canapés) or closed. Plain bread and butter made with White Bread⁷⁰, Date Bread⁷¹, Colonial Bread⁷¹, Nut Bread¹⁰¹, Orange Peel Bread¹⁰¹, Boston Brown Bread¹⁰², Rolled Sandwiches⁷¹⁸, Toasted Sandwiches⁷¹⁹, Sandwich Fillings, especially cream cheese⁷²⁰ with variations, watercress⁷²¹, anchovy⁷²¹, Shrimp and Chicken Liver⁷²³, Ham and Chicken⁷²², Sardine⁷²¹, etc.

Small Pastries⁶³⁷, especially Condés⁶⁴³, Marguerite Squares⁶⁴⁴, Palm Leaves⁶⁴⁴, Tarts⁶³⁸, Danish Pastry⁶⁴⁶ (best with coffee)

Cookies: Choose small crisp ones. Plain ones are usually best with no decoration or frosting to fall off. Ginger Cookies⁶⁹³, Sugar Cookies⁶⁹⁵, etc., Chocolate Walnut Wafers⁷⁰⁰, Swedish Nut Wafers⁶⁹⁷, Brownies⁷⁰⁵, Date and Nut Bars⁷⁰⁴, Marguerites⁷¹⁵, Lemon Queens⁷¹⁴

Small figures refer to the pages where recipes appear in this book.

Cakes: Sponge cake or unfrosted pound cakes in thin slices or fruit cakes are the best choice. Serve Dundee or other fruit cake on a plate with a knife, so that each piece may be cut as required. Sponge Cake⁶⁵², Dundee Cake⁶⁶⁶, Pound Cake⁶⁶¹, Fruit Cake⁶⁷¹.

Sweets, etc.: Salted Nuts⁷²⁵, Candied Orange or Grapefruit Peel⁷²⁸, Fruit Bars⁷²⁷, Chocolate Dominoes⁷²⁷.



FOR ANY AFTERNOON

Tea³⁶ Sugar Cream Sliced Lemon
 Watercress Sandwiches⁷²¹ or Toasted English Muffins⁶⁴
 Chocolate Wafers⁷⁰⁰
 Pound Cake⁶⁶¹ or Dundee Cake⁶⁶⁶

A FORMAL TEA

Tea³⁶ Coffee³⁹
 Sugar Cream Lemon and Orange Slices
 Rolled Mushroom Sandwiches, Toasted⁷¹⁹ Shrimp Sandwiches⁷²¹
 Open Tomato Sandwiches⁷²¹ Chicken Cream Sandwiches⁷²²
 Orange Cream Sherbet⁵⁸²
 Swedish Nut Wafers⁶⁹⁷ Lemon Queens⁷¹⁴
 Marshmallow Mint Bonbons⁷³⁹ Sugared Almonds⁷²⁵

Small figures refer to the pages where recipes appear in this book.

COCKTAILS AND HORS D'ŒUVRES

Abroad, hors d'œuvres are served almost universally as a first course. In France, this course is more usual before luncheon than dinner, especially in a private house. It may be a simple one — a slice of melon with a very thin slice of smoked ham, or sardines with wilted cucumbers (p. 462) and radishes (eaten with butter!), etc. Crisp French bread is generally served with the hors d'œuvres. The Scandinavian hors d'œuvres or smôrgasbord is usually an elaborate array of fish and fish pastes and salads, stuffed eggs, cheeses, open canapés, etc. In Italy, this course is called *antipasto* and is distinctive for its fish and vegetables prepared in olive oil.

In English-speaking countries, this custom expresses itself in various ways. Canapés and other hors d'œuvres may be served in the living room with cocktails or sherry. Hors d'œuvres may be passed at table or a fruit cup or canapé, or an arrangement of hors d'œuvres such as a Plateau Prunier (p. 127) may be set at each place.

TO SERVE BEFORE DINNER

- I.* Cheese Wafers¹³³, Broiled Cocktail Sausages¹¹⁵, Olives, Pecans⁷²⁵
- II. Caviare¹²⁷ in tiny timbale cases⁴⁰⁴. Tomato and Cheese Canapés¹¹⁹
- III. Tiny Fish Balls²³⁸, Cucumber⁷²⁰ and Brown Bread¹⁰² Sandwiches, Olives Wrapped in Bacon¹¹⁶
- IV.* Almond and Cream Cheese Canapés¹¹⁹, Ripe Olives
- V. Cocktail Wafers (packaged), Shrimp, Mayonnaise⁴⁹⁰ or Caviare Canapés¹¹⁹, Olives Stuffed with Anchovies
- VI. Potato Chips, Cocktail Style, Bacon and Peanut Butter Canapés¹²⁰, Anchovy Canapés¹¹⁹, Pecans⁷²⁵

FOR A COCKTAIL PARTY

- I. Cocktail Puffs¹¹⁷ Cheese Pastries¹³³
Toasted Mushroom Sandwiches (rolled)⁷¹⁹
Bacon Canapés¹²⁰ Pâté de Foie Gras Canapés¹¹⁹
Stuffed Celery¹¹⁵ Olives
* Especially good with Sherry.

Small figures refer to the pages where recipes appear in this book.

- II. Tiny Lobster Croquettes⁴⁰¹ Tomato Canapés¹¹⁹
 Caviare Rissolettes¹¹⁷ Potato Chips or Pretzels
 Ripe Olives
- III. Shrimp and Cauliflower Flowerets, Mayonnaise¹¹⁵
 Parmesan Cheese Canapés¹²⁰ Relish Bowl¹⁸⁵
 Toasted Almonds or Pecans (not salted)⁷²⁵
- IV. Cocktail Fish Balls¹¹⁶ Egg Canapés¹¹⁹
 Cheese Cream Puffs¹¹⁷ Cucumber Sticks¹⁸⁵
 Spiced Nuts⁷²⁶

SUNDAY-NIGHT SUPPERS

Many a man enjoys preparing a chafing-dish specialty, and Sunday night supper may be his opportunity to do so for guests. All the preliminaries, even to measuring out of ingredients, should be accomplished well in advance, so that the visible preparation may seem miraculously simple. Toaster, grill, or waffle iron afford other opportunities for table cooking. Scalloped dishes can be prepared beforehand, ready to heat and brown in the oven.

The best salad of all is the ever popular green salad, with any appropriate additions, tossed in French dressing, in a large wooden or glass bowl.

Dessert may be crackers and cheese, fresh fruit, cookies, cakes or tarts, or something more elaborate.

SUPPER SUGGESTIONS

MAIN COURSE:

Waffles¹⁰⁷, Maple Sirup, Broiled Sausages³¹³, Stuffed Tomato Salad⁵⁰⁹

Macaroni³⁸⁰, Cold Sliced Ham³¹⁰ or Tongue³²², Maçédoine Salad⁵¹⁰

Cheese Custard³⁸⁹ (in ring filled with creamed mushrooms)⁴⁶⁷,
 Ginger Ale Salad⁵²⁰

Boston Baked Beans⁴⁵⁰ (served from large pot or in individual pots), Boston Brown Bread¹⁰², Cauliflower Salad⁵⁰⁶, Pickle

Small figures refer to the pages where recipes appear in this book.

SUNDAY-NIGHT SUPPERS, *continued*

- * **Lobster Chowder**¹⁶⁹, Allerton Salad⁵¹¹
- * **Fricassée of Lobster**²⁴⁶ and **Mushrooms**, Pear Salad⁵¹⁴
Epicurean Finnan Haddie²⁴⁰, Cucumber Salad⁵⁰⁶
Chicken Mousse⁴¹⁵, Alligator Pear and Celery Salad⁵¹²
Chicken à la King⁴⁰⁵ (or other patty fillings) in Patty Shells or
on Toast, Tomato Jelly Salad⁵¹⁸
- * **Lobster Newburg**⁴⁰⁹, Endive Salad⁵⁰⁵
- * **Welsh Rarebit**³⁸⁶, French Salad Bowl¹⁵⁰³
- * **Scrambled Eggs**³⁶⁹ (or a variation), Asparagus⁴⁴⁸, Hot or Vin-
aigrette²⁰⁶
Oyster Pie²⁵⁶, Sliced Cold Ham³¹⁰, Chiffonade Salad⁵⁰⁵
Cold Salmon, Mayonnaise⁴⁹⁰, Mixed Vegetable Salad⁵¹⁰
Sliced Cold Chicken³⁴⁰ or **Turkey**³⁵² or Chicken Salad⁵²⁴ with
Sliced Ham³¹⁰ or Broiled Sausages³¹³, Spring Salad⁵⁰⁵
Sliced Tongue³²², Potato Salad⁵⁰⁸, Sliced Tomato Salad⁵⁰⁷
Alligator Pears Stuffed with Crab Meat⁵²⁷
- Breads:** Bread and Butter Folds, Nut Bread¹⁰¹, Orange Peel
Bread,¹⁰¹ Irish Bread⁹⁹, Parmesan Cheese Sticks⁷⁹, Toasted English
Muffins⁶⁴, Melba Toast⁶⁴, Muffins⁹¹, etc., Baking Powder Biscuits⁹⁰,
etc., Cream Scones⁹¹, Corn Meal Breads⁹⁶, Popovers⁹⁴
- Desserts:** Date and Nut Torte⁵⁷⁵, Almond Tart⁵⁷⁴, etc., Ginger-
bread⁶⁸⁷ (with Whipped Cream, Cheese, or Apple), Layer Cake⁶⁵⁷,
Devil's Food⁶⁶⁴, Cookies⁶⁹³, Cinnamon Apples⁵⁴, Apple Porcupine⁵⁵,
Baked Pears⁵⁶, Fresh Fruit⁵⁰, Fruit Cup⁵⁸, Maçédoine of Fruit⁶⁰, Hot
or Toasted Crackers¹³⁰ with Cream Cheese and Bar-le-duc or other
cheeses, Soufflés⁵⁵⁴ or Sweet Omelets⁵⁵⁶, Topsy Pudding⁵²⁹

I

- Welsh Rarebit³⁸⁶
- Hot Corn Bread¹⁹⁶ French Salad Bowl¹⁵⁰³
- Chilled Baked Pears with Cream⁵⁷
- Swedish Nut Wafers⁶⁹⁷
- Coffee³⁹

* Suited to chafing-dish cooking. See also index "Chafing-Dish Suggest-
tions."

Small figures refer to the pages where recipes appear in this book.

II

- | | |
|-----------------------------------|---------------------------------------|
| Hot Stuffed Eggs ³⁶⁴ | Sliced Cold Chicken ³⁴⁰ |
| Cheese Biscuits ⁹⁰ | Asparagus, Vinaigrette ²⁰⁶ |
| Maçédoine of Fruit ⁶⁰ | |
| Coconut Layer Cake ⁶⁵⁶ | |
| Mexican Chocolate ⁴¹ | |

III

- | | |
|---|---------------------------------|
| Chicken Salad ⁵²⁴ | Broiled Sausages ³¹³ |
| Popovers ⁹⁴ | |
| Sliced Tomatoes with French Dressing ⁵⁰⁷ | |
| Fresh Fruit ⁵⁰ | |
| Camembert Cheese ³⁸⁵ | Toasted Crackers ¹³⁰ |
| Coffee ³⁹ | |

BUFFET LUNCHEONS AND SUPPERS

A large company may be entertained easily and well if the guests serve themselves from a central table or buffet. Hot foods should be replenished frequently or served from a chafing dish or electric grill, etc. Beverages may be served from urns or from pots which are refilled from time to time.

For a buffet luncheon or supper party, choose one hot and one cold dish, with a salad and hot rolls or simple bread-and-butter sandwiches. See suggestions for Luncheons (p. 6) and Suppers (p. 17). For dessert, the choice is wide — an ice cream, individual tarts, fruit cup with cakes or cookies, or any other dessert which can be prepared in quantity well in advance and which is easy to serve.

I

- | | |
|--|----------------------|
| Cold Virginia Ham ³¹⁰ , thinly sliced | |
| Finnan Haddie ²⁴⁰ , Delmonico | |
| Small Rolls ⁷⁵ | Coffee ³⁹ |
| Tomatoes Stuffed with Celery and Apple ⁵⁰⁹ | |
| Lemon Tarts ⁶⁴⁰ or Maçédoine of Fruit ⁶⁰ | |

Small figures refer to the pages where recipes appear in this book.

II

Louisburg Chicken Pie³⁴³Perfection Salad⁵¹⁸Parker House Rolls⁷⁶ Coffee³⁹Vanilla Ice Cream⁵⁸³, Strawberry Sauce III⁶¹⁶Marguerites⁷¹⁵ or Almond Cakes⁷¹⁴ or Tiny Cup Cakes⁷¹⁰

CHILDREN'S PARTIES

Most children are conservative about food, so choose simple dishes which are likely to be familiar to all the guests. Foods which are easily handled are popular. Ice cream seems to be the one essential!

FOR CHILDREN 3 OR 4 YEARS OLD

Cream of Celery¹⁵⁵ or Carrot Toast PointsPlain Bread and Butter and Checkerboard Sandwiches⁷¹⁹

Jelly Sandwiches

Vanilla Ice Cream⁵⁸³ or Orange Jelly in Fancy Molds⁵⁵⁸Sponge⁶⁵³, Angel⁶⁵⁴, or any Simple Cake^{655 ff}

Milk

FOR CHILDREN 5 OR 6 YEARS OLD

I

Cream of Chicken Soup¹⁵² with Rice Toast FingersBunny Salads⁵¹¹Ice Cream⁵⁸³ Simple Cake^{655 ff}

Milk

II

Scrambled Eggs³⁶⁹ or Sliced Chicken³⁴⁰Green Peas⁴⁷⁴ Carrot Slices¹⁸⁵

Bread-and-Butter Sandwiches

Ice Cream⁵⁸³ Simple Cake^{655 ff}

Milk

Small figures refer to the pages where recipes appear in this book.

FOR OLDER CHILDREN

I

Tomato Juice⁷⁷²
 Creamed Chicken³⁶⁶, Creamed Eggs³⁶², or Minced Lamb²⁹³
 Toast
 Green Vegetable
 Ice Cream⁵⁸³ or Baked Alaska⁵⁹⁷
 Cake⁶⁴⁷
 Hot Cocoa⁴¹ Whipped Cream

II

Lamb Chops²⁸² (boned) or Hamburg Patties²⁶⁵
 Creamed Potatoes⁴⁴³ or Candied Sweets⁴⁴¹
 Green Vegetable Orange Rolls⁷⁶
 Ice Cream⁵⁸³, Plain or with Chocolate Sauce⁶⁰⁶, Maple Sirup,
 Butterscotch Sauce⁶⁰⁵, or Crushed Strawberries or Raspberries
 Cake⁶⁴⁷

PICNIC SUGGESTIONS

Keep a basket with the necessary equipment. A gallon jug for fresh water is useful. Carry charcoal for the fire.

To broil on picnic fire: steak, sausages, Hamburg patties, lamb chops, broilers, fish, bacon.

To bake or roast in hot coals: small boneless ham, chicken, clams, eggs, potatoes, corn.

To reheat on fire, or to carry in thermos jugs or other container wrapped in thick layer of newspaper.

Pot roast of Beef²⁷⁴, Beef and Vegetable Soup¹⁴⁴, Boston Baked Beans⁴⁵⁰, Chicken Fricassee³⁴⁴, Smothered Chicken³³⁷, etc., Creamed Potatoes⁴⁴³, Creamed or Buttered Vegetables.

To serve cold. Beef²⁶⁸ or Veal Loaf³⁰⁰, Baked³¹¹ or Boiled Ham³¹⁰, Roast Chicken³⁴⁰ or other roast meats. Chicken Salad⁵²⁴, Maçédoine Salad⁵¹⁰, Potato Salad⁵⁰⁸, whole tomatoes, lettuce and other salad ingredients washed and dried. Carry French dressing⁴⁸⁶ in a tightly corked bottle.

Small figures refer to the pages where recipes appear in this book.

CHAPTER 2

EQUIPMENT AND METHODS

For uniform success with recipes, *choose the proper equipment, measure accurately, follow the required mixing methods, and use the correct cooking process.*

EFFICIENT COOKING EQUIPMENT

On the opposite page is an efficient kitchen helper made, with its frame, of an adequate collection of utensils for preparing and mixing most foods. The proper equipment need not be extensive, but it should be selected with care.

Measuring Equipment

Set of measuring spoons
Tablespoons (2)
Teaspoons (2)
1-cup measure
2-cup measure

Mixing Tools

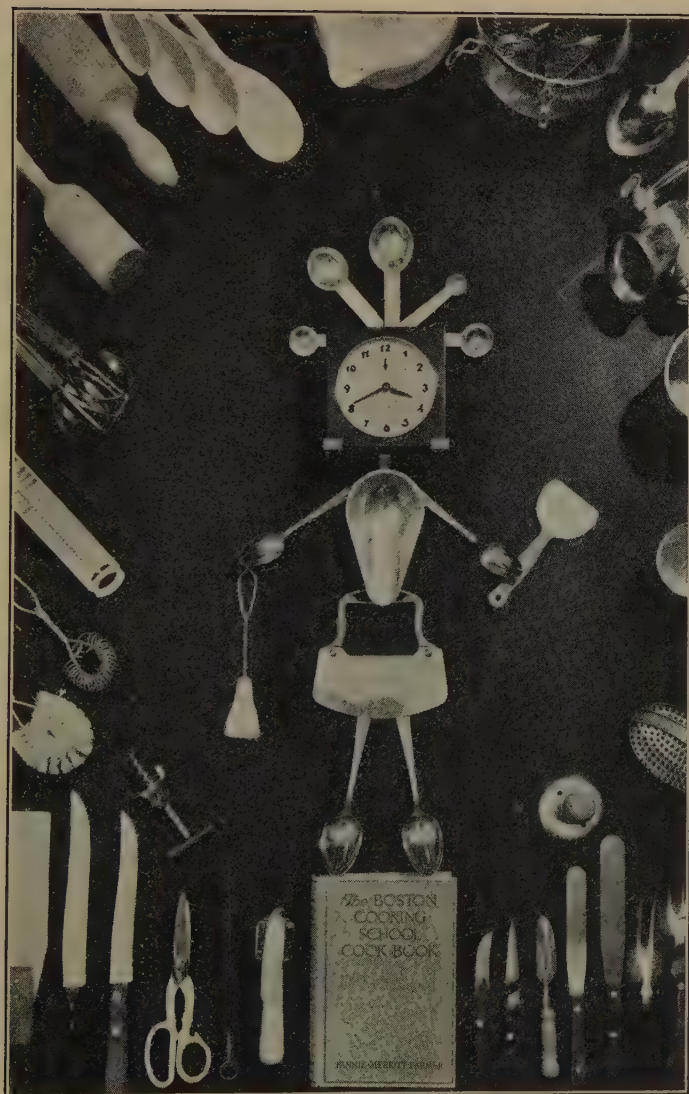
Wire whisk
Rotary egg beater
Wooden spoons

Cutlery

2 paring knives
2-tined forks (2 sizes)
Long, sharp knife
Bread knife with saw edge
Spatulas (3 sizes)
Chopping knife
Apple corer
Kitchen shears (bottle opener,
nutcracker as well)

Miscellaneous

Thermometer (1 or more, for
fats, sirups, and roasting
meats)
Grater
Strainer
Fruit reamer
Food chopper
Scoop
Wooden potato masher (to use
as pestle also)
Rolling pin
Cooky and doughnut cutter
(1 or more)
Pastry brush
Cake tester
Rubber scraper (to clear bowls)
Brush for vegetables
Corkscrew
Can opener



*A Good Cook Needs a Carefully Chosen but not Necessarily
Large Group of Kitchen Tools*

To Select Equipment. Measuring spoons and cups should be of standard size. Round bowls, narrow at the base, can be used for large or small quantities of material. Cutlery should have durable handles, well-shaped for grasping. Stainless steel is easy to care for but does not provide a cutting edge which is permanently satisfactory. Saucepans, etc. should be straight-sided and fit the cooking unit closely for economy and efficiency. Wire utensils should have smooth edges, neat joinings, and firm handles. All pieces should be simple in design for ease in washing. If storage space is limited, consider carefully before buying a gadget which will not be used more than once a week.



Level Measurements Are Accurate Measurements

MEASURING

Use standard measuring cups and measuring spoons. When dry ingredients, liquids, and fats are called for, measure in the order given, thereby using only one cup.

Dry Ingredients. (Before measuring, sift flour, powdered and confectioners' sugar, and soda, stir mustard and baking powder, and break up lumps in salt.) To measure a cupful or part of a cupful, put in ingredient by spoonfuls or from scoop, up to level indicated.

Do not shake cup or pack down tightly. (Exception: pack brown sugar firmly into cup.) To measure spoonfuls, dip spoon in ingredient, fill, lift, and level with edge of knife. To measure half spoonfuls, divide lengthwise of spoon with knife. To measure quarters, divide halves crosswise; crosswise again for eighths. Less than one eighth is considered a few grains.

Liquids. Fill cup to level indicated. A spoonful is all the spoon will hold.

Fats. Pack solidly into cup or spoon and level with knife. If part of a cupful is required, fill cup with enough water to complete a cupful, put in fat by spoonfuls until cup is full and then pour off water. (Example: to measure $\frac{1}{3}$ cup lard, fill cup $\frac{2}{3}$ full of water, add lard, by spoonfuls until cup is full, then pour off water.) Print butter is easily measured without packing into a cup, since 1 pound equals 2 cups and the required amount may be marked off. Butter wrapped in quarter-pound sticks is convenient for measuring even by tablespoons, since $\frac{1}{4}$ pound equals $\frac{1}{2}$ cup or 8 tablespoons.

MIXING

To Stir is to mix by using circular motion, widening the circles until all is well blended.

To Beat is to enclose air by turning ingredients over and over, continually bringing under part to surface.

To Cut and Fold is to combine in such a way as to prevent air already beaten in from escaping. This is accomplished by two motions with a mixing spoon; a repeated downward motion (*cutting*) and careful turning over and over of mixture, the bowl of spoon touching the bottom of the dish each time (*folding*).

COOKING METHODS

To Bake is to cook in an oven. Set oven regulator at required temperature; when the gas flame or electric unit is automatically reduced, the required temperature has been reached. An oven thermometer may be set on the grate with the food to be cooked as a check on the accuracy of the regulator or as a guide if the oven has no heat control.

To Boil is to cook in boiling water (212° F. at sea level). Slowly boiling water is as effective as rapidly boiling water and more economical, since much heat is lost through escape of watery vapor and steam as water boils rapidly.

To Braise is to cook, tightly covered, in a small quantity of liquid at a low temperature, either in the oven or over direct heat. Sear meat before braising, to prevent escape of much juice in the gravy and to give a rich color and flavor to both meat and gravy.

To Broil or to Grill is to cook over a clear fire or in a broiling oven. Place food on a greased broiling rack or in a greased broiler. Turn frequently at first to sear outside and prevent escape of juices. Use a broad spatula for turning to avoid loss of juices through piercing with a fork.

To Panbroil. To cook in a pan on top of the stove by dry heat with only enough fat to keep food from sticking. Heat pan, grease lightly, if at all, and put in food. Turn frequently at first to sear surface, then cook, turning occasionally, until done.

To Fricassee. To fry in a small amount of fat and serve with a sauce. Fricassee tender meat without previous cooking. Cook less tender meat in hot water at low temperature for a long time before fricasseeing.

• **To Fry.** See *Sauté*.

To Fry in Deep Fat or French Fry is to cook in hot fat deep enough to cover. Test temperature of fat. Dip frying basket in and out of fat. Arrange prepared food in basket, a small amount at a time to avoid lowering the temperature of the fat, and fry until food is delicately brown. See Frying Chart inside front cover. Drain on unglazed soft paper or paper towelling.

To Prepare Food for Frying. Wipe as dry as possible or egg and crumb (p. 397). Keep fish or meat in a warm room for some time before frying. Chilled food decreases the temperature of the fat to such extent that a coating is not formed quickly enough to prevent fat from penetrating the food.

Fats for Frying. Use olive oil, vegetable fats or oils, lard, $\frac{2}{3}$ lard and $\frac{1}{3}$ beef suet. Clarify frequently. Store, covered, in cool place.

To Test Temperature of Fat. Use a fat thermometer or drop an inch cube of bread into hot fat; if it is golden brown in 40

seconds, fat is at about 390° F. (for cooked mixtures); if in 60 seconds, at about 370° F. (for uncooked mixtures).

To Parboil is to cook food partially, either in boiling water or in its own juices (oysters, clams, scallops, etc.).

To Roast originally meant cooking on a revolving spit before an open fire, but has come to mean cooking by baking in an oven (especially meat).

To Baste. To pour over small quantities of fat in pan or other liquid to prevent burning or to add flavor.

To Sear. To subject to intense heat in order to seal in juices.

To Sauté is to cook in a small quantity of fat in a pan over direct heat. To prevent too great absorption of fat, keep food moving. French cooks shake the pan constantly — *sauter* being the French word for “to jump.”

To Scald is to heat to just below the boiling point. To scald milk, heat over boiling water, covered, until milk around edge of pan has beadlike appearance. Milk scalds at 196° F.

To Blanch is to dip into boiling water in order to remove skins or to whiten.

To Simmer is to cook below the boiling point, on top of the stove. Water simmers at 185° F.

To Steam is to cook in steam or over boiling water in bain-marie or double boiler.

To Stew. See To Braise.

MISCELLANEOUS COOKING AIDS

BUTTER

To Cream. Let stand at room temperature until softened. Work with wooden spoon in round-bottomed bowl until creamy.

To Wash. Rinse bowl in hot water and dip hands in hot water. Let cold water run into bowl and over hands. Hold butter under water and squeeze lightly between fingers until smooth and waxy. Double over quickly between palms and pat hard to remove water. Chill.

To Clarify. Heat in small pan. Remove white froth as it forms on top. Pour off butter, carefully keeping back sediment.

To Cut. Cover knife blade with fold of waxed paper to make clean cut.

To Decorate. Dip fork in hot water and draw across square of butter from corner to corner. Garnish with single leaf of parsley.

Butter Balls. Wash butter or not. Scald and chill a pair of wooden butter paddles. Measure butter by teaspoonfuls for uniformity. Roll lightly between paddles to form ball. To shape rolls, flatten balls into cylinders between paddles. Drop onto chilled plate, on cracked ice, or into ice water.



Butter Daintily Presented in Various Forms

Butter Curls. Use butter curler. Dip in hot water each time. Beginning at far side of pound print of butter, draw curler lightly and rapidly towards you, making a thin shaving which curls up.

Butter Molds. Scald and chill fancy butter molds. Pack solidly with butter and level off with knife. Press out and chill.

FATS

Save all remnants of cooked and uncooked fat and drippings from beef, poultry, chicken, pork, and soup stock. Try out and clarify, if necessary. Use for sautéing or as a shortening.

To Try Out. Cut in small pieces or put through a food chopper and melt in top of double boiler; in this way it will require less watching than if placed in kettle over low flame. Strain. Store in cool place.

To Clarify Fat. Melt fat, add raw potato cut in $\frac{1}{4}$ -inch slices, and allow fat to heat gradually; when fat ceases to bubble and potatoes are well browned, strain into pan through double cheese-cloth, placed over wire strainer. The potato absorbs any flavors and collects to itself some of the sediment, the remainder settling to bottom of kettle.

To Clarify Small Amount of Fat. Add boiling water to cold fat, stir vigorously, and set aside to cool. Remove cake of fat and scrape off sediment with a knife.

SUGAR

Brown Sugar. Store in bread box or in tight jar in warm place. To soften, set in oven until heated through.

To Caramelize Sugar. Melt over moderate heat in heavy, shallow pan. Stir constantly.

Caramel Sirup. Caramelize 1 cup sugar, add slowly $\frac{1}{2}$ cup boiling water, and simmer 10 minutes.

Brittle (for flavoring). Caramelize sugar, turn into slightly buttered pan, cool, roll, and sift.

Praline Powder or Nut Brittle (for flavoring). Caramelize 1 cup sugar, add 1 cup chopped blanched almonds or pecans and a few grains of salt, turn into slightly buttered pan, cool, pound in mortar or with rolling pin, and put through purée strainer.

To Dredge with Sugar (doughnuts, lady fingers, etc.). Place powdered sugar in paper bag, add some of the food to be sugared, gently shake bag up and down until article is well coated. Stuffed dates, candied orange and grapefruit peel, etc., may be coated with granulated sugar by the same method.

CRUMBS

Soft Bread Crumbs. Remove crusts from stale but still soft bread. Break in pieces, and crumble with fingers or put through a colander.

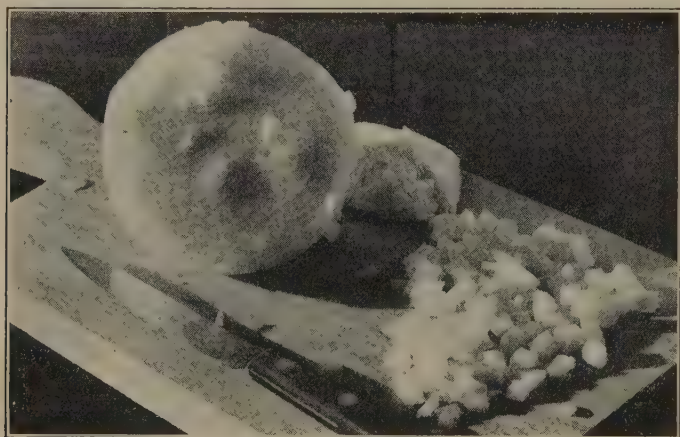
Dry Bread Crumbs or Cracker Crumbs. Dry stale bread thoroughly in very slow oven until crisp but not brown. Use old-fashioned unsalted soda crackers. Roll and sift. If a large amount is to be prepared, put bread or crackers in clean paper bag and roll; sift and store in closed jar or covered box near heat.

Buttered Crumbs. Melt 1 tablespoon butter, add $\frac{1}{4}$ cup cracker or bread crumbs and mix gently with fork.

MISCELLANEOUS

To Extract Onion Juice. Cut a slice from root end of onion, scrape juice from center with edge of teaspoon.

To Chop or Mince (onion, etc.). Cut off slice. Cut surface in $\frac{1}{8}$ -inch squares, as deep as required. Hold firmly on cutting board and slice thinly. **To Dice**, follow same method, cutting squares of required size.



After Marking in Squares, Slice Off with Sharp Knife

To Cut Parsley, Mint, etc. Wash and dry on towel. Hold firmly in thumb and fingers and cut with sharp knife on cutting board or use scissors.

To Dredge. Sprinkle with flour, etc., from shaker-top container.

To Use French Cutter or Baller. Peel firm fruit or vegetables. Place edge of cutter firmly on surface. Roll first right to left, then left to right, with even pressure. Continue until food shows through hole in cutter. Without relaxing pressure, twist handle of cutter to complete the ball. Lift out ball.

To Melt Chocolate. Melt over hot water in small double boiler or in small bowl over teakettle. One or two squares may be melted on wax paper set in warm place on stove (not hot).

To Cut Sticky Foods. Use scissors or sharp knife dipped in cold water.

To Grate Orange and Lemon Peel. Wash fruit, dry, and grate before peeling. Do not grate beyond the color margin. Clean grater with point of knife.

To Chop Ice. Chop small quantities with ice shaver in a coffee can or small, deep container. Place large chunks in canvas bag and pound with wooden mallet.

To Acidulate Water. Add 1 tablespoon lemon juice or vinegar to each quart water.

CONDIMENTS AND SEASONINGS

Thoughtful seasoning may make a good dish into a memorable one. Experiment with various condiments and seasonings, but use them subtly so that the effect is elusive rather than overpowering.

Brands of spices differ surprisingly in both strength and quality. Choose condiments with care and buy in small quantities since they deteriorate with time, especially if ground. Store in tightly closed containers.

Herbs. The old-time potherbs have again come into vogue as part of a well-planned garden. Fresh or dried, their leaves and flowers add interest to various dishes.

To prepare herbs for storing. After the dew has disappeared in the morning, pick just the young and tender leaves which appear prior to the plant's flowering to allow a second growth of leaves as tender as the first. To retain the seed pods, gather the entire plant just before the seeds have matured. Caraway, dill, mustard, cardamom, coriander, fennel are among the seeds used for seasoning. *Dry leaves* in a very slow oven (not over 130° F.) or tie in a loose bunch and hang in the shade until all of the moisture disappears. Parsley requires about 2 hours drying in the oven, other herbs about 1 hour. Crush to a powder with rolling pin, pack in air-tight containers and label. *Seeds* must be spread thinly on a cloth rack and dried in the sun, turning daily. As both leaves and seeds of fennel are used, the flower stalks should be picked as they develop during the early season, gathering just the tender leaves. Later allow the flower heads to mature, gathering the seeds for winter's store.

Aux Fines Herbes means with the addition of finely chopped herbs, usually a mixture of several, such as fresh parsley, water-cress, chives, and tarragon.

A **Kitchen Bouquet** or **Bouquet Garni** improves the flavor of many soups and sauces; tie in a small bag, $\frac{1}{2}$ carrot cut lengthwise, 1 leek, a few sprigs of parsley, sprig of celery, bit of thyme, 2 cloves, and $\frac{1}{4}$ bay leaf. Remove bag before serving.

Anise is an herb growing naturally in Egypt, cultivated for its aromatic seeds. Used to flavor confections, cookies, and so on.

Allspice, see Pimento.

Balm is a perennial garden herb with a sharp fresh lemon scent particularly nice in Claret Cup. In fact a bunch of balm improves nearly all cups. A pinch of dried leaves, ground, improves tarragon vinegar for salads.

Basil (Sweet) is an old English annual potherb used to make many a sausage famous. Also one of the most popular herbs in Italian cuisine. Used to flavor soups (particularly turtle and tomato), ragouts, fish sauces, and tomato bisque. The leaves are gathered, dried, powdered, and stored. Basil may be potted for indoor cultivation.

Bay Leaf is the aromatic leaf of the bay tree, dried whole and used particularly in soups and stews.

Capers are flower buds of *Capparis spinosa* grown in the Mediterranean countries. Pickled and sold as a condiment.

Caraway is a biennial herb grown for its aromatic fruit, popularly known as caraway seeds, which do not develop until the plant's second year. Besides using the seeds in breads, cookies, seed cakes, and candies, they make an interesting addition to soups, stews, salads, cheese, mashed turnip, and other dishes.

Cardamom is the aromatic capsular fruit of a number of Zingiberaceous plants growing in the East Indies much used as a condiment.

Celery Seed is used to flavor soups, stews, crackers, cheese.

Chutney is a spicy pickle or condiment consisting of a compound fruit and seasoning such as currants or raisins, ginger, chilies, garlic, and mustard seed and vinegar. Served with curries, cold meats, sausages, and stews.

Chervil is an apiaceous plant whose aromatic leaves are used for flavoring soup and salad.

Chili is a hot pepper used as a basis for Chili sauce and many pungent dishes.

Cinnamon is the inner bark of *Cinnamomum zeylanicum*, grown in Ceylon.

Cloves are the flower buds of *Carophyllus aromaticus*, grown in the West Indies.

Coriander is an herb with aromatic seeds used in confections, cookies, and other dishes.

Curry is a condiment from India containing turmeric, curry leaves, garlic, pepper, ginger, and other strong spices.

Dill is an annual herb of the Parsley family grown for its aromatic seeds used in cooking and flavoring pickles, sauces, etc.

Fennel. The powdered seeds of this herb are used to flavor apple pie, and fish sauces, particularly for mackerel and salmon. Young stalks are served like endive. This is called Carosela and the stalks are cut when the plant is about to bloom. Fennel flavors certain cordials and liqueurs.

Garlic, Chives, Leeks, Shallots, and Onions belong to the lily family. Young onions are called Scallions. Chives may be potted for indoor cultivation, giving fresh cuttings in winter.

Ginger (*Z. Zinziber*) is commonly cultivated for hot and pungent aromatic rootstock. Unscraped rootstock is known as black ginger. Scraped and peeled it is white ginger. The white is often candied or preserved. The dried rootstock is ground and used as a condiment.

Mace is the fibrous network which envelops the kernel of nutmeg.

Mango is a fruit grown in practically all tropical countries. Used as fresh fruit as well as the basis for most East Indian Chutneys. In popular usage, small green melons, burr gherkins, and peppers, stuffed and pickled, are called mangoes.

Marjoram is a very fragrant annual of the mint family. The dry powdered leaves are used for flavoring salads, soups, and stuffings and often sprinkled on roast pork. Marjoram was one of the chief ingredients in Queen Elizabeth's perfume.

Mint. There are many varieties, all used for flavorings though spearmint is the variety most generally liked. The leaves are used either fresh or dried. Used to flavor pea soup, new potatoes, spinach, sauce for roast lamb, in beverages, mint jelly.

Mustard. Both white and black mustard are widely cultivated for their seed. Ground seeds are often mixed with turmeric for seasonings. French mustard is prepared by the addition of salt and vinegar. German mustard is prepared with Rhine wine or tarragon vinegar, spices, salt, etc. The addition of sugar to a prepared mustard is liked by many.

Nasturtium belongs to the cress family. Leaf, flower, stems, and seeds may be used. Add chopped fresh leaves, stem, and flower to a green salad. Chop and add to potted meat for sandwich filling. Pickled seeds equal capers in flavor.

Nutmeg is the kernel of fruit of *Myristica fragrans*, a tree grown in the Banda Islands.

Onion Seed is used to flavor soups, stews, and meat dishes.

Parsley is a biennial herb; may be potted for winter use.

Paprika is the dried ripened fruit of *Capsicum annuum*, mildly pungent when dry, ground and used as condiment.

Peppercorns are the dried berries of *Piper nigrum* grown in the West Indies.

Pepper is made from ground peppercorns. **Black pepper** is made from the whole berry; **white pepper** has the outer bark removed. Pepper freshly ground in a small mill has freshness and sparkle not found in commercial powdered pepper. Heat deteriorates pepper; therefore, do not keep on shelf on stove.

Cayenne Pepper is the powdered pod of *Capsicum* grown on the eastern coast of Africa and Zanzibar.

Pimento or allspice tree grows in Jamaica. The dried berry is commonly called **Allspice** and is used as a condiment. The fruit is preserved and sold as **Pimento** or the Spanish spelling, **Pimiento**.

Poppy Seed is used to garnish and flavor rolls, cookies; also ground, pressed, and used for salad oil.

Rosemary is a half hardy, evergreen plant. The leaves, flowers, and tender part of stems are used for garnishing and flavoring stews, fish, sauces, etc.

Sage is a half shrubby perennial mint with grayish green pungent and aromatic foliage. When dried, it is used in stuffings and seasonings for meat.

Salt, known chemically as sodium chloride, occurs abundantly in nature. Use undiluted. Add during cooking process, not afterwards.

Savory (summer) is an annual mint, native of Europe, but now grown widely. Used fresh or dried for seasoning salads, sauces and dressings, in croquettes and stews.

Sesame Seed is used to flavor rolls and cookies.

Shoyu Sauce or Soy Sauce is a Chinese or Japanese liquid sauce made from fermented soy beans.

Sugar is used sparingly in meat dishes and vegetable cookery as a condiment.

Tabasco is a highly seasoned condiment sauce made with cayenne peppers.

Tarragon is a perennial herb whose fresh or dried leaves are used to flavor salads, vinegar, pickles.

Thyme is an easily grown perennial herb used both fresh and dried to flavor beef loaf, pickles, oyster soup, stews, turkey and goose, etc.

Turmeric is an East Indian plant grown for aromatic root stock which when ground is used as a condiment. Forms a basis and gives the yellow color to curry powder.

Watercress is a pungent member of the cress family which grows in a fresh-water stream. Used as a garnish, to flavor salads, sandwiches, and cold meat platters.

Worcestershire Sauce is a strong-flavored sauce used to flavor meat dishes, rarebits, etc.

CHAPTER 3

BEVERAGES

TEA

All tea is grown from one species of shrub, *Thea*, the leaves of which constitute the tea of commerce. Climate, elevation, soil, cultivation, and care in picking and curing are all instrumental in producing teas of different flavors. The principal types of tea are:

Black Tea, made from leaves which have been allowed to ferment before curing. Some familiar black teas are Oolong, Formosa, English Breakfast, Orange Pekoe, and Flowery Pekoe.

Green Tea, made from unfermented leaves artificially colored. Some familiar green teas are Hyson, Japan, and Gunpowder.

To Make Tea

Fill earthen or china teapot with boiling water and let stand until thoroughly heated. Pour out water. For each cup, measure into pot $\frac{1}{2}$ to 1 teaspoon tea and $\frac{1}{2}$ cup fresh boiling water. The amount of tea is determined by the quality of the tea and individual taste. Let stand, covered, 3 minutes. Strain and dilute with boiling water to taste. Use fresh tea leaves for each steeping.

Tea epicures prefer to serve China tea clear, with neither cream, sugar, nor anything else to disguise the delicate flavor of the tea itself.

To Serve with Tea

Sugar in blocks or fancy shapes, or rock candy

Cream or milk

Thin slices of lemon or orange carefully seeded (2 or 3 cloves may be stuck in each slice)

Rum, candied red cherries or cordial drops

ICED TEA

Strain strong hot tea (preferably English Breakfast or Formosa Oolong) into glasses $\frac{1}{3}$ full of cracked ice or over block of ice in pitcher. Garnish with slices of lemon, allowing 1 slice to each glass. Quick chilling results in a clearer product and a finer flavor. Pass sugar and lemon juice.

For variety, substitute orange juice for half the lemon juice and garnish with both lemon and orange slices. Fresh mint leaves are a popular addition.

COFFEE AND COFFEE SUBSTITUTES

The berries of coffee trees constitute the coffee of commerce. Java coffee is considered the finest. Mocha commands a higher price, owing to a certain acidity and sparkle, but used alone is not desirable. When combined with Java, in proportion of two parts Java to one part Mocha, the coffee best suited to average taste results. All coffee sold as Java does not come from the island of Java. Any coffee, wherever grown, having the same characteristics and flavor, is sold as Java. The same is true of other kinds of coffee.

In its natural state, green or raw coffee is tasteless. Roasting is required to develop the volatile oils that lend fragrance and flavor to all coffee.

Coffees and coffee substitutes are on the market, such as coffee from which the caffeine has been removed, instantaneous powdered coffee, coffee substitute, and cereal coffees that require boiling.

To Buy and Store Coffee. Buy coffee in the bean and grind as needed in a coffee mill or buy in small quantities, freshly roasted and ground, and store in a can or glass jar with tightly fitting cover.

COFFEE FOR ONE

Add 2 tablespoons coffee to 1 cup cold water, cover closely, let stand overnight. Bring slowly to boiling point and pour carefully through strainer. Or, use an individual percolator or drip coffee pot, following instructions for Percolated Coffee or Filtered Coffee.

COFFEE FOR TWO

Mix 1 cup ground coffee with 1 egg, slightly beaten, and crushed shell. To $\frac{1}{3}$ of this amount add $\frac{1}{3}$ cup cold water. Turn into a scalded coffeepot, add 1 pint boiling water and boil 3 minutes. Let stand over low heat 10 minutes. Keep remaining coffee and egg closely covered in refrigerator.

FILTERED OR DRIP COFFEE

Use 1 to 3 tablespoons coffee (finely ground) to each cup water. Place coffee in strainer part of drip coffeepot. Set in place over lower section. Pour on boiling water very slowly. Cover closely. Stand in warm place or over hot water (not over direct heat) until coffee has filtered through into lower section.

PERCOLATED COFFEE

Use 1 to 3 tablespoons coffee (finely ground) to each cup water. Place coffee in strainer part of percolator. Add either cold or boiling water. Adjust top. Set over heat, or, if electric percolator is used, turn on current. After coffee reaches boiling point, reduce heat and percolate gently for about 10 minutes. If electric unit does not provide change of heat, remove connection 3 times to slow up process and percolate until liquid is amber-colored as seen through glass top.

BOILED COFFEE

$\frac{1}{2}$ cup coffee	1 cup cold water
1 egg or 3 eggshells	6 cups freshly boiling water
Few grains salt	

Scald coffeepot. Wash egg, break, and beat slightly. Dilute with half the cold water, add crushed shell, and mix with coffee. Add salt. Turn into coffeepot, pour on freshly boiling water, and stir thoroughly. Stuff spout of pot with soft paper to prevent escape of fragrant aroma. Set over direct heat, bring slowly to boiling point and boil 3 minutes. Add remaining cold water, which perfects clearing (cold water, being heavier than hot water, sinks to the bottom, carrying grounds with it). Let stand 10 minutes in warm place on stove, but not over direct heat. Or, set coffeepot in pan containing hot water and place over very low heat.

If not boiled long enough, coffee is cloudy; if boiled too long, too much tannic acid is developed and coffee is bitter.

Coffee made with an egg has a distinctive rich flavor.

If any coffee is left over, drain from grounds and reserve for making Coffee Jelly (p. 558), Chocolate Cake (p. 662), Coffee Ice Cream (p. 585). See index for additional suggestions.

STEEPED COFFEE

$\frac{1}{2}$ cup coffee

4 cups boiling water

Put coffee in pot, add water, and cover closely. Let stand 5 minutes in warm place on stove but not over direct heat. Strain through fine strainer.

COFFEE FOR FIFTY

1 pound coffee

6 to 8 quarts cold water

Put coffee in coffee bag, tied loosely to allow for expansion. Put in kettle, cover with cold water, and let stand several hours or overnight. Bring to boiling point 3 times, removing from heat each time boiling point is reached.

PICNIC COFFEE

Allow 1 to 3 tablespoons coffee to each cup water, put in coffee bag and tie loosely to allow for expansion. Add water, set over picnic fire and bring to boiling point 3 times, removing from fire each time boiling point is reached.

CAFÉ AU LAIT

Serve hot coffee with an equal quantity of hot, scalded milk. Pour milk and coffee into cup simultaneously — a pot in each hand.

AFTER-DINNER COFFEE OR CAFÉ NOIR

Use 3 tablespoons coffee to each cup of water, and make by any recipe. Serve in after-dinner coffee cups.

Vienna Coffee. Serve with whipped cream.

ICED COFFEE I

Strain very strong hot coffee over ice in glasses or pitcher. Serve with cream and powdered sugar.

ICED COFFEE II

Strain coffee, sweeten to taste, and chill. Dilute with cream and serve in tall glasses.

ICED COFFEE III

Use 1 teaspoon instantaneous coffee for each cup of cold water. Shake thoroughly, pour over crushed ice, and serve with cream and powdered sugar.

ICED COFFEE WITH ICE CREAM

Serve Iced Coffee in tall glasses, and allow 2 tablespoons vanilla ice cream to each glass.

COCOA AND CHOCOLATE

The cacao tree grows in Mexico, South America, and the West Indies. Cocoa and chocolate are both prepared from seeds of the cocoa bean. After roasting, outer covering of bean is removed; this covering makes what is known as *cocoa shells*, which have little nutritive value. The beans are broken and sold as *cocoa nibs*.

The various preparations of cocoa on the market are made from the ground cocoa nibs, from which, by means of hydraulic pressure, a large amount of fat is expressed, leaving a solid cake. This is pulverized and mixed with sugar, and frequently a small amount of cornstarch or arrowroot. To some preparations, cinnamon or vanilla is added.

Chocolate is made from cocoa nibs, but contains a much larger proportion of fat than cocoa preparations. Bitter, sweet, or flavored chocolate is sold in cake or in powdered form.

COCOA SHELLS

1 cup cocoa shells

6 cups boiling water

Boil shells and water 3 hours; as water boils away it will be necessary to add more. Strain and serve with milk and sugar.

CRACKED COCOA

$\frac{1}{2}$ cup cracked cocoa	3 pints boiling water
Few grains salt	

Simmer at least 2 hours, adding more water if necessary. Strain, serve with milk or cream and sugar.

HOT COCOA

$1\frac{1}{2}$ tablespoons cocoa	$\frac{1}{2}$ cup boiling water
2 tablespoons sugar	4 cups milk or 2 cups milk
Few grains salt	and 2 cups water

Scald milk. Mix cocoa, sugar, and salt. Add $\frac{1}{2}$ cup boiling water. Boil 3 minutes. Add to milk and beat 2 minutes with egg beater.

Rich Cocoa. Double the amount of sugar and cocoa. Flavor with a few drops of vanilla.

Mexican Chocolate I. Scald 2 tablespoons ground coffee with milk. Strain before adding cocoa mixture. Flavor with $\frac{1}{2}$ teaspoon vanilla.

Mexican Chocolate II. Combine 2 cups hot cocoa and 2 cups boiled or filtered coffee. Flavor with $\frac{1}{2}$ teaspoon vanilla and serve with whipped cream.

HOT CHOCOLATE I

$1\frac{1}{2}$ squares chocolate	Few grains salt
$\frac{1}{4}$ cup sugar	1 cup boiling water
3 cups milk	1 teaspoon vanilla

Scald milk. Melt chocolate in small saucepan over hot water. Add sugar and salt. Add boiling water very gradually, that mixture may be of uniform color. Stir until smooth. Boil 5 minutes. Add to scalded milk, beat until foamy, add vanilla, and serve in chocolate cups with whipped cream or marshmallows.

Iced Chocolate. Chill. Pour over crushed ice, stir well, and sweeten to taste. Serve with whipped cream, if desired.

HOT CHOCOLATE II

2 ounces sweetened chocolate	Few grains salt
4 cups milk	

Scald milk with chocolate. When chocolate is melted, beat until smooth and foamy. Serve with whipped cream or marshmallows.

CHOCOLATE SIRUP

4 squares unsweetened chocolate	$\frac{1}{8}$ teaspoon salt
$1\frac{3}{4}$ cups sugar	$1\frac{1}{2}$ cups boiling water

Melt chocolate in saucepan placed in larger saucepan of boiling water, add sugar and salt, and stir until well mixed. Add boiling water gradually, while stirring constantly. Boil 5 minutes or until a thin sirup is formed. Cool, turn into a jar, and keep in refrigerator or cold place. Use 2 or 3 tablespoons sirup to 1 cup of hot or cold milk.

CHOCOLATE MILK SHAKE

2 tablespoons finely crushed ice	$\frac{2}{3}$ cup milk
$2\frac{1}{2}$ tablespoons Chocolate Sirup	

Beat ingredients with egg beater or put in shaker and shake thoroughly. Strain into glass for serving. A few gratings of nutmeg or a few grains of cinnamon may be sprinkled on top. Ice may be omitted if ingredients have been thoroughly chilled in refrigerator.

Chocolate Egg and Milk Shake. Add 1 egg before beating or shaking.

ICE-CREAM SODA

3 tablespoons Chocolate Sirup	2 tablespoons Vanilla Ice Cream
or other sirup	Soda water
1 tablespoon heavy cream	

Put sirup and cream in tall glass, add ice cream. Fill glass with soda water drawn from siphon. Stir thoroughly.

EGGNOG

1 egg, beaten slightly	$\frac{2}{3}$ cup cold milk
$\frac{3}{4}$ tablespoon sugar	$1\frac{1}{2}$ tablespoons sherry or
Few grains salt	1 tablespoon brandy or rum
Few grains nutmeg	

Add sugar and salt to egg. Add liquor slowly, if used. Add milk gradually. Strain. Grate nutmeg over top.

COCOA EGGNOG

1 egg white	1 teaspoon breakfast cocoa
1 teaspoon sugar	Few grains salt
	$\frac{3}{4}$ cup cold milk

Beat egg white until stiff and add gradually, while beating constantly, sugar, cocoa, and salt. Add cold milk to half the mixture while beating constantly. Turn into a glass and pile remaining egg mixture on top.

COFFEE EGGNOG

1 egg yolk	$\frac{1}{2}$ cup strong coffee (cold)
$1\frac{1}{2}$ teaspoons sugar	$\frac{1}{2}$ cup milk or cream
	1 egg white

Beat egg yolk and sugar. Beat white, combine and add coffee and milk.

VIRGINIA EGGNOG

12 eggs	2 cups whisky
1 cup sugar	1 cup rum
1 quart milk	1 quart heavy cream, beaten

Beat egg yolks with sugar until very light. Add milk, whisky, and rum. Fold in cream and egg whites, beaten until very stiff. Add more sugar or liquor to taste.

FRUIT DRINKS AND PUNCHES**GARNISHED ICE CUBES**

Put in each compartment of refrigerator pan a maraschino cherry, a candied cherry, 1 or 2 mint leaves, a small flower, or $\frac{1}{4}$ slice of lemon. Fill with water and freeze.

DECORATED ICE BLOCK FOR PUNCH BOWL

Fill large refrigerator pan with water. When nearly frozen, decorate with a wreath of candied fruit and mint leaves or flowers. Add enough water to hold decorations in place and freeze.

SUGAR SIRUP FOR FRUIT BEVERAGES

Boil 2 cups sugar with 2 cups water 5 minutes. Chill and store in jar to use to sweeten fruit drinks.

LEMONADE

$\frac{1}{4}$ cup sugar sirup $\frac{1}{8}$ cup lemon juice
Ice water

Add fruit juice to sirup, cool, dilute with ice water, and add more sirup to taste. Lemon sirup may be bottled to use as needed.

Pineapple Lemonade. Add $\frac{1}{2}$ cup pineapple juice to sirup and lemon juice. Add ice water.

ORANGEADE

Sweeten orange juice with sugar sirup (above). Dilute by pouring over crushed ice. A little lemon juice may be added.

GRAPEFRUIT AND GINGER ALE

1 quart ginger ale 1 pint grapefruit juice

Mix. Pour into glasses half full of finely crushed ice.

GRAPE FIZZ

1 quart ginger ale 1 quart grape juice

Combine. Pour over crushed ice.

MULLED GRAPE JUICE

1 egg 1 teaspoon sugar
Dash of cinnamon or clove 1 cup grape juice

Separate the egg, beat the yolk slightly, combine with sugar, spice, and grape juice. Cook over hot water until slightly thickened. Fold in the stiffly beaten egg white, remove from stove, and keep over hot water 2 minutes. Serve immediately or put in ice box and reheat when ready to serve. Do not overcook.

WHITE GRAPE JUICE PUNCH

1 quart charged water 1 quart white grape juice

Pack in salt and ice and let stand until thoroughly chilled. Just before serving mix and pour into a chilled pitcher.

MULLED CIDER

1 quart cider	2 whole allspice
1 cup sugar	2 whole cloves
2 sticks cinnamon (3 inches long)	

Boil cider and spices 5 minutes, remove spice bag and add sugar, boil 5 more minutes. Serve hot. This may be prepared before the guests arrive and kept hot over hot water until time for serving.

FRUIT PUNCH

1 quart cold water	$\frac{1}{2}$ cup lemon juice
2 cups sugar	1 cup pineapple juice
1 cup orange juice	

Boil sugar and water 10 minutes. Add fruit juices. Chill. Dilute with ice water.

FRUIT PUNCH FOR FIFTY

1 cup water	1 cup lemon juice
2 cups sugar	2 cups orange juice
1 cup tea infusion	2 cups pineapple juice
1 quart charged water	1 cup maraschino cherries
2 cups fruit sirup	Ice water
(strawberry or loganberry, etc.)	

Boil sugar and water 5 minutes, add tea, fruit sirup, and juices. Let stand 30 minutes and add ice water to make $1\frac{1}{2}$ gallons of liquid. Add cherries and charged water. Serve in punch bowl, with large piece of ice.

TEA PUNCH I

1 cup sugar	$\frac{1}{3}$ cup lemon juice
1 cup hot tea infusion	1 pint ginger ale
$\frac{3}{4}$ cup orange juice	1 pint charged water
Few slices orange	

Pour tea over sugar and as soon as sugar is dissolved add fruit juices. Strain into punch bowl over a large piece of ice. Just before serving, add ginger ale, charged water, and slices of orange. For tea infusion, use 2 teaspoons tea and 1 cup boiling water.

TEA PUNCH II

3 cups orange juice	1½ cups tea infusion
1 cup lemon juice	1¼ cups sugar
1 cup pineapple juice	1 cup hot water
1 cup raspberry sirup	1 quart charged water

Mix fruit juices with pineapple, raspberry sirup, and tea. Boil sugar and water 5 minutes. Combine. Chill thoroughly. Just before serving add charged water. Serve over block of ice in punch bowl.

CARDINAL PUNCH

1 quart cranberries	1 cup orange juice
6 cups water	1½ tablespoons lemon juice
2 cups sugar	1 quart ginger ale or charged water

Cook cranberries in 4 cups water until soft. Crush and drain through cheesecloth. Boil sugar and 2 cups water 5 minutes, add to cranberry juice, and chill. Add fruit juices. Just before serving add ginger ale or charged water.

GINGER PUNCH

1 quart cold water	½ pound Canton ginger
1 cup sugar	½ cup orange juice
	½ cup lemon juice

Chop ginger, add to water and sugar, boil 15 minutes; add fruit juice, cool, strain, and dilute with crushed ice.

MOETTE PUNCH

1 cup pineapple sirup or juice	1 pint charged water
1¼ cups white grape juice	Sugar
1 quart Raspberry Ice (p. 581)	

Add charged water to fruit juices. Sweeten to taste. Pour into punch bowl. Add Raspberry Ice molded with small ice-cream scoop.

FRUIT PUNCH WITH WHIPPED CREAM

1 pint grape juice	Grated rind of 1 orange
3 tablespoons lemon juice	4 sprigs fresh mint
½ cup orange juice	Few grains salt
1 cup fresh pineapple pulp	Few gratings nutmeg
with juice	Crushed ice
¾ cup loaf sugar	1 pint bottle soda water
Grated rind of 1 lemon	Whipped cream

Mix fruit juices. Add sugar, which has been rubbed over lemon and orange. Add mint, salt, and nutmeg. Cover and let stand in refrigerator 1 hour to ripen. Pour over crushed ice, add soda water, and serve in tall glasses with whipped cream on top. Garnish with mint leaves.

RHUBARB PUNCH

1½ pounds rhubarb	4 tablespoons lemon juice
1 quart water	Few grains salt
1½ cups sugar	Crushed ice
½ cup orange juice	Charged water or ginger ale

Cut rhubarb in small pieces; there should be one quart. Add water and cook until fruit is soft. Squeeze through double thickness of cheesecloth, add sugar, stir until sugar is dissolved, bring to boiling point, add fruit juices and salt. Bottle, or chill, and serve with crushed ice and an equal amount of charged water or ginger ale.

ORIENTAL PUNCH

1 cup sugar	¼ cup lemon juice
1 cup water	1 cup orange juice
6 cloves	1 drop oil of peppermint
1 inch stick cinnamon	Green coloring
½ tablespoon chopped Canton ginger	Mint leaves

Boil sugar and water 5 minutes. Add cloves, cinnamon, and ginger; cover and let stand until cold. Add fruit juices, strain, color green, and add peppermint. Let stand 1 hour and pour into punch bowl over a cake of ice. Garnish with fresh mint leaves.

CIDER PUNCH

1 quart new or bottled cider	Sugar or sugar sirup (p. 44)
¾ cup lemon juice	1 quart charged water
Ice	

Mix cider and lemon juice. Sweeten to taste. Strain into punch bowl over a large piece of ice. Just before serving add charged water.

GERMAN PUNCH

1 cup grape juice	½ cup grapefruit juice
1 cup cider	1 quart charged water
Sugar, to taste	

Mix and pour into a punch bowl over large cake of ice.

GINGER MINT CUP

1 cup lemon juice	$\frac{1}{2}$ cup water
1 bunch fresh mint	3 pints ginger ale
$1\frac{1}{2}$ cups sugar	Ice

Add mint leaves, sugar, and water to lemon juice. Let stand 30 minutes. Pour over a large piece of ice and add ginger ale.

MINT JULEP

In each tall glass put a sprig of fresh mint, 1 lump of loaf sugar and a little whisky. Crush with spoon. Set glasses on tray in refrigerator and chill. Fill to the brim with finely shaved ice. Pour in whisky according to taste. Stir gently with long-handled spoon until glasses are frosted, being careful not to touch outside of glass with hands. Put a tiny sprig of mint on each and serve.

CHAMPAGNE PUNCH

1 cup water	2 tablespoons Orange Curaçao
2 cups sugar	Juice 2 lemons
1 quart champagne	2 cups tea infusion
4 tablespoons brandy	Ice
2 tablespoons rum	1 quart soda water

Boil sugar and water together 10 minutes. Mix champagne, brandy, rum, Curaçao, lemon juice, and tea. Sweeten to taste with sirup. Pour into punch bowl over large piece of ice. Just before serving, add soda water.

CLARET PUNCH

1 quart cold water	Few shavings lemon rind
$\frac{1}{2}$ cup raisins	$1\frac{1}{3}$ cups orange juice
2 cups sugar	$\frac{1}{8}$ cup lemon juice
2-inch piece stick cinnamon	1 pint claret wine

Put raisins in water, bring slowly to boiling point, and boil 20 minutes. Strain, add sugar, cinnamon, and lemon rind. Boil 5 minutes. Add fruit juice, cool, strain, pour in claret, and dilute with ice water.

CLARET CUP I

1 quart water	1 cup orange juice
2 cups sugar	Juice 8 lemons
1 pint claret wine	1½ cups boiling water
1 cup strawberry juice	12 sprigs fresh mint

Boil quart water and sugar 20 minutes. Separate mint, add to boiling water, cover, and let stand in warm place 5 minutes, strain, and add to sirup. Add fruit juices and cool. Pour into punch bowl, add claret, and chill with large piece of ice. Dilute with water. Garnish with fresh mint leaves and whole strawberries.

CLARET CUP II

1 quart claret	¼ cup diced pineapple
1 quart charged water	¼ cup fresh strawberries
½ orange, sliced	Mint leaves
½ lemon, sliced	Sugar, to taste

Mix and pour over ice. Chill thoroughly. Add charged water and serve.

SAUTERNE CUP

1 quart soda water	2 tablespoons Orange Curaçao
2 cups Sauterne wine	¼ cup sugar (scant)
Rind ½ orange	Mint leaves
Rind ½ lemon	Few slices orange
	12 strawberries

Add Curaçao to rind of fruit and sugar, cover and let stand 2 hours. Add Sauterne, strain, and chill on ice. Just before serving, add chilled soda water, mint leaves, slices of oranges, and strawberries.

CLUB PUNCH

1 cup water	1 quart Vichy
2 cups sugar	3 sliced oranges
1 quart Burgundy	½ cup crushed pineapple
1 cup rum	Juice 2 lemons
⅓ cup brandy	1 cup tea infusion
⅓ cup Benedictine	Ice

Boil sugar and water 10 minutes. Mix other ingredients (except ice), sweeten to taste with sirup, and pour over block of ice in punch bowl.

CHAPTER 4

FRUITS

FRESH FRUITS

Wipe or wash all fruits thoroughly. Serve cold.

AVOCADOS OR ALLIGATOR PEARS

Choose fruit that is just beginning to soften. Shake; stone will rattle slightly if fruit is ripe. Flesh should be evenly green. Cut in half, remove seed or stone, and sprinkle with lemon juice and a few grains of salt. Serve with spoon, $\frac{1}{2}$ to each person. Consult index for recipes using Avocados.

APPLES

Some excellent varieties of eating apples are Astrachan, Gravenstein, McIntosh, Jonathan, Spitzenburgh, and Spy.

Good winter apples for baking are Opalescent, Cortland, Rome, Spy, Spitzenburgh, Jonathan, Greenings, King.

Good fall apples for baking are Pound Sweets, Holland Pippin, Fall Pippin, and Sweet Autumn Swar.

Good late summer apples for baking are Duchess and Sweet Bough.

Good apples for salad are Cortland and Delicious.

APPLE SAVORIES

Slice bright red apples but do not pare. Spread with cream cheese or Camembert and serve after the dessert course at dinner.

BANANAS

Select fruit with no green. Ripe fruit has a dark evenly mottled skin. Serve (1) whole, (2) sliced, with cream and sugar or (3) cut in halves, lengthwise, and sprinkled with lemon juice and sugar.

CANTALoupES, MUSKMELONS, ETC.

Choose thoroughly ripe fruit. Learn to judge melons by their fragrance. Chill thoroughly before preparing for serving. Wipe melons. If small, cut in halves crosswise; if large, cut in sections. Remove seeds and stringy portion. Serve with salt or powdered sugar. Garnish with mint leaves, if desired. Never put ice in melon, as it destroys the flavor.

HONEYDEW MELON

Cut in narrow sections. Garnish with mint leaves and serve with lemon or lime wedges.

CHERRIES

Wash and shake dry in colander.

CURRANTS

Wash and remove stems. Sprinkle thickly with granulated or powdered sugar. Mix with raspberries, if desired.

GRAPES

Put bunches in colander and pour cold water over them. Drain, chill, and arrange on serving dish. Imperfect grapes, as well as those underripe or overripe, should be removed. Garnish with grape leaves, if at hand.

GRAPEFRUIT

Wipe grapefruit and cut in halves crosswise. With a small, sharp-pointed knife (special curved ones are made for the purpose), cut pulp away from membrane in each section. Cut out membrane at core with scissors or cut membrane between sections to remove it entirely. A grapefruit corer may be used. Sweeten or not, as desired. Let stand 10 minutes and serve very cold. If desired, add (for each portion) 1 tablespoon sherry or $\frac{1}{2}$ tablespoon apricot brandy or sloe gin.

Canned grapefruit may be used in salads and fruit cocktails.

ORANGES

Wash. Serve whole or cut in halves, or serve orange sections with powdered sugar.

To Remove Pulp from Oranges. Chill orange. Pare, removing as much of the white portion as possible with very sharp knife. Remove pulp by sections, cutting away from tough portion, first on one side of section, then on the other. Any white portion of skin remaining on pulp should be cut off.



Removing Orange Sections and Preparing Grapefruit to Serve Chilled or Baked

Orange or Lemon Baskets. Cut 2 pieces from each lemon or orange, leaving what remains in shape of basket with handle. Remove pulp from baskets and pieces, and keep baskets in ice water until ready to fill.

JAPANESE PERSIMMONS

Chill thoroughly. Make several cuts from top to bottom without removing stem. Peel back skin in petals, scraping with a knife to keep skin intact. Serve on fruit plate and eat with a spoon.

PINEAPPLE

Cut off sharp ends of leaves. Pare, cut out eyes with sharp knife. Slice lengthwise (cutting out core) or shred with a fork, holding fruit firmly with another fork. Sprinkle with sugar, if desired.

POMEGRANATES

Cut in halves and serve with spoon. Seeds as well as juice may be eaten.

RASPBERRIES, STRAWBERRIES, ETC.

Pick over, place in colander, pour over cold water, and drain thoroughly. Hull and serve with powdered sugar and cream. Large, perfect strawberries may be served, unhulled, around a mound of sugar (to be eaten in the fingers).

WATERMELON

Serve in wedges or slices, or cut in cubes or balls. Chill thoroughly and serve with salt or powdered sugar.

COOKED FRUITS AND COMPÔTES

BAKED APPLES

Wipe and core sour apples. Put in a baking dish and fill cavities with sugar and spice. Allow $\frac{1}{2}$ cup sugar and $\frac{1}{4}$ teaspoon cinnamon or nutmeg to 8 apples. If nutmeg is used, a few drops lemon juice and few gratings from rind of lemon to each apple is an improvement. Cover bottom of dish with boiling water, and bake in hot oven (400° F.) until soft, basting often with sirup in dish. Serve hot or cold with cream. Many prefer to pare apples before baking. When this is done, core before paring, that fruit may keep in shape. In the fall, when apples are at their best, do not add spices to apples, as their flavor cannot be improved; but towards spring they become somewhat tasteless, and spice is an improvement.

Baked Sweet Apples. Use no spice. Cover and bake 3 hours in slow oven (300° F.), adding more water if necessary.

Belmont Baked Apples. Wipe selected red apples and make 2 circular cuts through skin, leaving a $\frac{3}{4}$ -inch band around apple, midway between stem and blossom ends.

GLAZED BAKED APPLES

4 apples	$\frac{1}{2}$ to $\frac{3}{4}$ cup sugar
$\frac{1}{2}$ cup boiling water	Cream, plain or whipped

Wipe apples, remove cores and skin from top of each, $\frac{1}{3}$ of the way down. Put close together in saucepan, peeled side up. Add water, cover closely, and cook slowly, testing occasionally until they are easily pierced with a skewer or toothpick forced into the center. Put in baking dish peeled side up. Sprinkle with sugar and put in broiling oven or very hot oven (425° F.) and baste frequently with water in which they were cooked until sugar is dissolved and tops are crisp and delicately brown. Chill. Serve with cream.

CINNAMON APPLES

6 apples	6 cloves
1 cup sugar	2 tablespoons cinnamon drops
	$1\frac{1}{2}$ cups water

Core and pare apples. Stick with cloves. Cook sugar, water, and cinnamon drops 5 minutes. Add apples and cook very slowly until tender, basting often with sirup in pan. Serve with meat, or very cold as a dessert, or on a salad green.

APPLE SAUCE I

Wash apples. Cut in quarters or eighths. Cover with water and cook slowly until soft. Strain. Add sugar to taste. A few cloves may be cooked with apples.

APPLE SAUCE II

8 sour apples	1 cup water
1 cup sugar	Few shavings lemon rind

Cook sugar, water, and lemon rind 7 minutes. Remove lemon. Wipe, quarter, core, and pare apples. Cook in sirup, a few at a time, until soft. Watch carefully. Strain remaining sirup over apples.

APPLE BALL SAUCE

1½ cups apple balls	1 cup water
1 cup sugar	6 cloves
Few shavings lemon rind	

Cut balls with French vegetable cutter. Cook remaining ingredients 7 minutes. Remove cloves and rind and cook apple balls in sirup until soft, $\frac{1}{3}$ at a time. Cook sirup until reduced $\frac{1}{2}$ and pour over balls.

APPLE PORCUPINE

1½ cups sugar	Jelly, marmalade, or preserved fruit
1½ cups water	Almonds, blanched and split
8 apples	Whipped cream

Boil sugar and water 7 minutes. Wipe, pare, and core apples. Cook in sirup to cover until soft, occasionally skimming. Drain, cool, fill with jelly, and stick with almonds. Serve with whipped cream.

STEWED DRIED APRICOTS

Wash thoroughly in hot water. Drain, soak 2 hours in hot water to cover, and cook slowly in same water until soft. Add sugar to taste.

BANANAS BAKED IN RAISIN SAUCE

4 bananas	$\frac{3}{4}$ cup hot water
1 tablespoon butter	1 tablespoon cornstarch in
4 tablespoons strained	$\frac{1}{4}$ cup cold water
honey	$\frac{1}{8}$ teaspoon salt
3 tablespoons lemon juice	3 tablespoons seedless raisins

Simmer raisins in hot water 10 minutes. Melt butter in baking pan, slice bananas lengthwise, and arrange in pan. Cook other ingredients together 10 minutes and pour over bananas. Bake 30 minutes in moderate oven (350° F.). If desired, sprinkle with shredded coconut when ready to serve.

SAUTÉED BANANAS

Remove skins from bananas, cut in halves lengthwise, and again cut in halves crosswise. Dredge with flour and fry (sauté) in clarified butter. Drain and sprinkle with powdered sugar.

BANANAS BERKELEY

Thoroughly chill baked bananas in baking dish. Pour over Melba Sauce (p. 612) and garnish with whipped cream.

STEWED BLUEBERRIES

Wash and pick over berries. Cook until soft with enough water to prevent burning. Add sugar to taste.

FIG CUPS

$\frac{1}{2}$ pound washed figs	2 tablespoons sugar
Chopped salted almonds	1 teaspoon lemon juice
$\frac{1}{2}$ cup water or wine	

Stuff figs with almonds. Put sugar, lemon juice, and water or wine in saucepan. When heated, add figs, cover, and cook until figs are tender, turning and basting often.

BAKED GRAPEFRUIT

Prepare grapefruit (p. 51). Put 1 tablespoon brown sugar and, if desired, 1 tablespoon sherry or 1 teaspoon brandy in each half. Bake in hot oven (450° F.) until sugar melts and surface is slightly browned. Serve as first course or dessert.

BAKED PEACHES

Peel, cut in halves, and remove stones from peaches. Place in a shallow baking pan. Fill each cavity with 1 teaspoon sugar, $\frac{1}{2}$ teaspoon butter, few drops lemon juice, and a slight grating of nutmeg. Bake 20 minutes in moderate oven (350° F.) and serve on circular pieces of buttered dry toast.

BAKED PEARS

Wipe, quarter, and core pears. Put in deep dish, sprinkle with sugar, or add a small quantity of molasses; then add water to prevent pears from burning. Cover, and cook 2 or 3 hours in very slow oven (250° F.). Small pears may be baked whole. Baked Seckel pears are delicious.

BAKED PEARS WITH CREAM

6 pears (not too ripe)	Heavy cream
$\frac{1}{2}$ cup water	1 tablespoon Cointreau or
$\frac{1}{2}$ cup sugar	1 teaspoon vanilla

Wipe pears, peel and arrange whole in casserole dish. Cook sugar and water 5 minutes. Pour over pears, cover and bake in moderate oven (350° F.) until pears are tender but still firm. Pour off sirup, cook until of the consistency of honey, add Cointreau and pour over pears. Chill and serve with cream.

STEWED PLUMS, CHERRIES, ETC.

Stew in water to cover until soft. Sweeten to taste. Serve with some of the juice.

STEWED PRUNES

$\frac{1}{2}$ pound prunes	2 cups hot water
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Wash prunes thoroughly in hot water. Cover with 2 cups hot water and soak 2 hours. Cook until soft in same water. When nearly done, prunes may be sweetened with sugar or molasses. A few drops of lemon juice may be added. Juice and skin of $\frac{1}{4}$ orange may be cooked with prunes.

BAKED QUINCES

8 quinces, wiped, quartered, cored, and pared	$\frac{3}{4}$ cup sugar 1 $\frac{1}{2}$ cups water
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Place quinces in baking dish, sprinkle with sugar, add water, cover, and cook until soft in slow oven (300° F.). Quinces require a long time for cooking.

RHUBARB SAUCE

Peel or not as desired, and cut in 1-inch pieces. Put in saucepan, sprinkle generously with sugar, and add enough water to prevent rhubarb from burning. Rhubarb contains such a large percentage of water that but little additional water is needed. Cook until soft. If rhubarb is covered with boiling water, allowed to stand 5 minutes, then drained and cooked, less sugar will be required. Rhubarb may be baked in an earthen baking dish. If baked slowly for a long time, it has a rich red color.

FRUIT CUPS, FRUIT COCKTAILS, ETC.

GRAPEFRUIT BASKETS

Cut grapefruit in half. Insert 2 toothpicks opposite each other on each half. From $\frac{1}{2}$ inch on each side of toothpick, cut through the skin around the grapefruit $\frac{1}{4}$ inch from the top of each half, leaving skin whole where toothpicks are inserted. Loosen pulp and remove and discard seeds, membrane, and toothpicks. Bring the 2 strips of skin together above the grapefruit and tie together with narrow ribbon for the handle. Insert in the knot a sprig of flowers or mint.

GRAPEFRUIT À LA RUSSE

3 grapefruits	2 tablespoons powdered sugar
$\frac{2}{3}$ cup sugar	Few grains salt
1 cup heavy cream	$\frac{1}{2}$ teaspoon maraschino

Wipe grapefruits, cut in halves, crosswise, and remove seeds and tough portions. Sprinkle with granulated sugar and chill in refrigerator. Beat cream until stiff and add powdered sugar, salt, and maraschino. Make a border of the cream (using pastry bag and tube) on top of each half in the form of a square. Garnish at each corner with a glacé or maraschino cherry. Serve in double cocktail glasses, having the larger ones filled with crushed ice.

GRAPEFRUIT COUPE

Remove pulp from grapefruit in sections, cut each section in thirds, sprinkle with sugar, and chill. Arrange 6 fresh mint leaves at equal distances around inside of each coupe glass, having ends of leaves reach top of glass. Fill with prepared pulp and garnish center of each with a small sprig of mint.

Rector Grapefruit Coupe. Instead of sprinkling with sugar, pour over the following mixture (for 4): $\frac{1}{2}$ cup powdered sugar, 2 teaspoons orange Curaçao, 1 teaspoon lemon juice, 1 teaspoon Kirsch, and $\frac{1}{8}$ teaspoon salt.

ORANGE MINT CUP

4 large oranges	2 tablespoons finely chopped mint
2 tablespoons powdered sugar	1 tablespoon lemon juice
1 tablespoon sherry	

Cut oranges in halves, remove pulp with spoon, add other ingredients, and chill. Pour off some of the juice, if oranges were very juicy. Serve in glasses, garnished with fresh mint.

CANTALOUPE SUPRÊME

Wipe cantaloupes, cut in halves, remove seeds and stringy portion, and shape into balls with French ball cutter. Arrange in double coupe or grapefruit glasses (having crushed ice in outer glass), sprinkle with sugar, and pour over each $\frac{1}{4}$ teaspoon maraschino.

MELON RING

Cut cantaloupe or muskmelon in 1-inch slices. Peel carefully, remove all seeds. Arrange 1 ring on each plate. Fill with any fruit-cup mixture or with melon balls or vanilla ice cream.

LENOX STRAWBERRIES

Wash, pick over, and hull strawberries. For 4 portions, mix $\frac{1}{2}$ cup orange juice, $\frac{1}{2}$ cup sugar, and 1 teaspoon orange Curaçao. Pour this sauce over berries, chill, arrange in glasses, and garnish around edge with whipped cream (sweetened and flavored delicately with vanilla) forced through pastry bag and tube.

STRAWBERRY COCKTAIL

Strawberries	Powdered sugar
Pineapple, cubed	Lemon juice

Wash berries and cut in halves, reserving a few of the finest to use as a garnish. Mix with pineapple, sprinkle with sugar and lemon juice. Chill and serve in cocktail glasses.

STRAWBERRIES AND BANANAS WITH SOUR CREAM

Cut strawberries in halves, sprinkle with sugar, and let stand 30 minutes or more. Cut bananas in pieces of about the same size. Combine equal amounts of strawberries and banana and serve with sour cream.

WATERMELON CUBES

Cut center of a thoroughly chilled watermelon into $\frac{3}{4}$ -inch cubes and remove seeds. Sprinkle with lemon juice and sugar, put in jar, and let stand in refrigerator several hours. Serve in cocktail glasses or on green leaves.

With Sherry Dressing. In place of lemon juice and sugar, mix $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup Sherry, 2 tablespoons sloe gin (if desired), and a few grains of salt; let stand until sugar is dissolved.

BOUQUET COCKTAIL

Fill small glasses with any desired fruit cocktail, having it even on top. Garnish with a lace paper doily pasted around the glass, mint leaves, tinted skinless grapes, etc. to represent an old-fashioned bouquet.

GINGER FRUIT COCKTAIL

4 tablespoons pineapple cubes	$\frac{1}{3}$ cup fresh strawberries,
$\frac{1}{3}$ cup orange sections	cut in strips
$\frac{1}{3}$ cup peach cubes	$\frac{1}{4}$ cup lemon juice
$\frac{1}{3}$ cup sugar	$\frac{3}{4}$ cup ginger ale
1 tablespoon candied ginger	

Sprinkle fruit with lemon juice and sugar. Chill. Pack ginger ale in ice. Just before serving, pour ginger ale over fruit, arrange in cocktail glasses, and sprinkle with chopped, candied or preserved ginger.

MAÇÉDOINE OF FRUIT

Arrange sections of fresh fruit attractively on a large platter. Squeeze lemon juice over it. Sprinkle sparingly with powdered sugar and Kirsch or Cointreau. Chill thoroughly. Pass with

salad spoon and fork. Fruits particularly good are avocado in slices or cubes, orange or grapefruit sections, melon balls, seeded and peeled white grapes, cherries (canned or fresh), strawberries, raspberries, wedges of fresh pineapple, sliced pear, peach halves, etc.



Refreshing Grapefruit and Orange Sections Combined with Bright Apricots, Fresh Pineapple Sticks, Sliced Avocado Pear and Black Cherries Need only a Sprig of Mint and a Dash of Cointreau to Make a Delicious Dessert

FRUIT COMPOTE WITH WINE DRESSING

Arrange in a glass bowl alternate layers of sliced pineapple, sliced bananas, orange sections and skinned and seeded white grapes. Pour over dressing and chill 1 hour.

Wine Dressing. Mix $\frac{1}{2}$ cup sugar, $\frac{1}{3}$ cup sherry wine, and 2 tablespoons Madeira.

CHAPTER 5

CEREALS AND TOAST

COOKED CEREALS

KIND	QUANTITY	WATER	SALT	TIME
<i>Finely Ground:</i> Cream of Wheat, Farina, Ralston, Wheatena, etc.	$\frac{1}{3}$ to $\frac{1}{2}$ cup	2 cups	$\frac{3}{4}$ teaspoon	30 minutes
Corn meal, Hominy				1-3 hours
<i>Coarse Cereals:</i> Samp, Pin-head Oatmeal, etc.	$\frac{1}{2}$ cup	2 cups	$\frac{1}{2}$ -1 teaspoon	1-3 hours
<i>Flaky Cereals:</i> Rolled Oats, Flaked Wheat, etc.	$\frac{2}{3}$ cup	2 cups	$\frac{1}{2}$ -1 teaspoon	30 minutes
<i>Quick Cooking:</i> Consult directions on package.				(Cook overnight in fireless cooker)

Place double-boiler top containing boiling water over direct heat. Add cereal and salt slowly to rapidly boiling water. Cook until thick, stirring with long-handled wooden spoon. Place over boiling water and cook.

If desired, use milk in place of half or more of the water.

Raisins or dates, stoned and cut in pieces, may be stirred into cereal just before serving.

FRIED MUSH

Pack cooked cereal in a greased tin. Cover to prevent crust from forming. Chill. Slice $\frac{1}{2}$ inch thick. Dip in flour. Sauté in butter or bacon fat. Cook slowly, if preferred crisp and dry. If mushes are cooked to fry, use less water in steaming. Serve with maple sirup or Mock Maple Sirup (p. 611).

Corn Meal or Hominy Cakes. Make of cooked corn meal or hominy grits. Serve in place of potato.

TO WASH RICE

Put in strainer, place strainer over bowl nearly full of cold water; rub rice between hands, lift strainer from bowl, and change water. Repeat process three or four times, until water is quite clear.

BOILED RICE

$\frac{1}{2}$ cup rice, washed 1 quart boiling water
1 tablespoon salt

Pick over rice; add slowly to boiling, salted water, so as not to check boiling of water. Boil 20 minutes, or until soft, which may be determined by rubbing a kernel between the fingers. If there is no hard spot in center, rice is done. Old rice absorbs much more water than new rice and takes longer for cooking. Drain in coarse strainer, reserve water, and pour over rice 1 quart hot water; return to kettle in which it was cooked; cover, let stand in warm place to dry off, when each grain will be separate. When stirring rice, always use a fork to avoid breaking kernels. Rice may be soaked overnight in cold water to cover. Save water in which rice was cooked for soups, since it contains valuable minerals and starch which may be used for thickening. Half a cup of uncooked rice increases in bulk to $1\frac{1}{2}$ cups or more, when boiled.

Wild Rice. Cook as above, but allow a longer time. Wild rice does not need repeated washing as it is uncoated.

BOILED RICE, TURKISH STYLE

1 cup rice, washed 1 teaspoon butter
 $1\frac{1}{2}$ cups cold water $\frac{1}{2}$ teaspoon salt

Put rice, cold water, butter and salt in heavy pan. Cook, uncovered, until nearly all the water is absorbed. Tuck pieces of clean linen (old napkin) carefully over rice. Set on asbestos mat over very low flame and cook until dry.

Fried Rice. Cook dry rice in butter until rice is delicately brown. Add water and cook as above.

STEAMED RICE

$\frac{1}{2}$ cup rice	2 cups boiling water
	1 teaspoon salt

Put salt and water in top of double boiler, place directly over heat and add gradually well-washed rice, stirring with fork to prevent sticking to boiler. Boil 5 minutes, cover, place over lower part of double boiler, and steam 45 minutes, or until kernels are soft; uncover, that steam may escape. When rice is steamed for a simple dessert, use 1 cup water and steam until rice has absorbed water; then add 1 cup scalded milk and cook until soft.

RICE TIMBALES

Pack hot boiled or steamed rice in slightly buttered, small tin molds. Let stand in hot water 10 minutes.

DRY TOAST

Cut stale bread in $\frac{1}{4}$ -inch slices or according to taste. Remove crusts or not. Toast slowly on each side for crisp toast, quickly for soft toast. Butter evenly or serve unbuttered. Do not pile compactly or toast will become moist.

MELBA TOAST

Cut stale bread in very thin slices. Let dry in warming oven. Arrange in dripping pan. Bake in slow oven (325° F.) until thoroughly dried out and delicately brown.

TOASTED ENGLISH MUFFINS

Split English Muffins (baker's or homemade, p. 87) or pull apart with fork. Brush cut side generously with melted butter. Toast in broiler, buttered side only. Serve hot with jam or marmalade.

With Cheese. Sprinkle with grated cheese before toasting, or put a thin round slice of soft cheese on each.

CINNAMON TOAST I

Cut stale bread in $\frac{1}{4}$ -inch slices, remove crusts, and cut in 3 pieces, crosswise. Toast, spread with butter, and sprinkle with sugar mixed with cinnamon, using 3 parts sugar to 1 part cinnamon. Let stand in oven until sugar has melted.

CINNAMON TOAST II

Toast one side, spread with melted butter, sprinkle with sugar and cinnamon mixture, as in Cinnamon Toast I, and toast in broiler, buttered side up, until mixture is melted.

Butterscotch Toast. Spread with butter and brown sugar.

Maple Toast. Spread with butter and soft maple sugar.

ORANGE TOAST

Cut stale bread in $\frac{1}{4}$ -inch slices, remove crusts, and cut in 3 pieces crosswise. Toast one side, brush other side with melted butter, and sprinkle with $\frac{1}{2}$ cup sugar to which has been added $\frac{1}{4}$ cup grated orange rind and 2 tablespoons orange juice. Toast in broiler until mixture bubbles.

MILK TOAST

1 pint scalded milk	$\frac{1}{2}$ teaspoon salt
2 tablespoons butter	4 tablespoons cold water
$2\frac{1}{2}$ tablespoons bread flour	6 slices dry toast

Add cold water gradually to flour to make a smooth, thin paste. Add part of milk, stirring constantly until thickened. When smooth, add rest of milk, cover, and cook 20 minutes; then add salt and butter in small pieces. Dip slices of toast separately in sauce; when soft, remove to serving dish. Pour remaining sauce over all. Any thin white sauce may be used.

Cream Toast. Use cream in place of milk. Omit butter.

Brown Bread Milk Toast. Use brown bread. Dry in oven before toasting.

FRENCH OR GERMAN TOAST

3 eggs	2 tablespoons sugar
$\frac{1}{2}$ teaspoon salt	1 cup milk
6 slices stale bread	

Beat eggs slightly, add salt, sugar, and milk; strain into a shallow dish. Soak bread in mixture until soft. Cook on hot, well-greased griddle or in frying pan; brown on one side, turn and brown other side. Serve for breakfast or luncheon, with jam or marmalade, or with a sauce for dessert.

BREWIS

Break stale bits or slices of brown and white bread in small pieces, allowing $1\frac{1}{2}$ cups brown bread to $\frac{1}{2}$ cup white bread. Butter a hot frying pan, put in bread, and cover with equal parts milk and water. Cook until soft; add butter and salt to taste.

CHAPTER 6

RAISED BREAD AND BISCUITS

BATTERS, SPONGES AND DOUGHS

Batter is a mixture of flour and some liquid (usually combined with other ingredients, as sugar, salt, eggs, etc.) of consistency to pour easily or to drop from a spoon. Batters are termed thin or thick, according to their consistency.

Sponge is a batter to which yeast is added.

Dough differs from batter by being stiff enough to be handled.

INGREDIENTS USED IN MAKING BREAD

1. **Wheat Flour** is superior to all others for bread making, because it contains 2 proteins which form gluten when flour is made into a dough. This gluten is what gives the dough an elastic quality, so that it can expand and hold within it the gas bubbles formed by yeast or other leavening agents. Bread flour is made from hard wheat, which is especially rich in these two gluten-forming proteins. Whole wheat flour contains all of the wheat, including the bran and the germ. It may be coarse or fine.

Other flours and meals may be used for yeast breads, but all, except rye flour, must be used in combination with wheat flour, and even rye flour is more successfully used when mixed with wheat flour.

2. **Yeast**, the minute cell-like plants put into bread dough to leaven it, may be bought in dry or compressed cakes or grown at home in the form of a "starter" or "liquid yeast." Recipes in this book call for compressed yeast. If dry yeast is used, longer time must be allowed, since the cells are not growing actively.

Amount of yeast required to raise bread. Most recipes in this book call for 1 yeast cake to each pint of liquid. The amount may be varied according to the following:

To raise bread overnight. Use $\frac{1}{4}$ yeast cake to 1 pint of liquid.

To mix and bake bread in five hours. Use 1 yeast cake to 1 pint of liquid.

To mix and bake bread in three hours. Use 2 yeast cakes to 1 pint of liquid.

Mixtures containing eggs or a larger amount of shortening than White Bread (p. 70) require more yeast or a longer time.

3. The **liquid** may be all water, all milk, or a combination of the two.

4. The **shortening** in bread makes it more tender and adds to its fuel value and flavor. It may be butter or margarine, alone or in combination with lard or other good cooking fat.

5. **Salt** is added for flavor, 1 teaspoon to each cup of liquid.

6. **Sugar** in small amounts makes the dough rise more quickly and helps give a golden-brown color to the crust. Molasses is sometimes used in place of sugar.

TO MAKE FERMENTED (YEAST) BREAD

To Mix Dough. Mix the ingredients to a dough. Then knead dough to blend ingredients thoroughly. Cover and let rise until doubled in bulk. This change has been caused by action of the ferment, which attacks some of the starch in flour and changes it to sugar, and sugar in turn is changed to alcohol and carbon dioxide, thus lightening the whole mass.

If it is not convenient to shape the dough when first doubled in bulk, *cut down* by cutting through dough and turning it over several times with a case knife. This checks fermentation for a short time. Bread may be left to rise again or be put, closely covered, in refrigerator, until ready to use.

Knead dough a second time, to break bubbles and distribute evenly the carbon dioxide.

To Shape Bread. To shape dough in loaves, divide dough in parts, each part large enough for a loaf, and knead until smooth. Avoid seams in under part of loaf. If to be baked in brick pan, place two loaves in one pan and brush between loaves with a little melted butter. If to be baked in long shallow pan, knead well

and roll with both hands to lengthen, care being taken that loaf is smooth and of uniform thickness. If long loaves are to be baked on cooky sheets, shape and roll loosely in a towel sprinkled with corn meal for last rising. (To shape biscuits, see p. 76.) Cover and let rise to double in bulk. If risen too long, bread will be full of large holes; if not risen long enough, it will be heavy and soggy. If pans containing loaves are put in too hot a place while rising, a heavy streak will be found near bottom of loaf.

To Raise Bread. The temperature of the inside of the dough should be about 80° F., not under 75° F., or over 85° F. It may be tested with a bath or dairy thermometer.

To maintain this temperature, set the bowl containing the dough in a bread mixer or large bowl containing water kept just below body temperature (90° F. to 95° F.) and cover closely. A large double boiler may be used. When the room temperature is above 80° F., the water should be kept at a lower temperature (75° F.).

To raise bread overnight, set in warm place where it will neither be overheated nor be in a draught.

Bread dough mixed with a large quantity of yeast should be watched during rising and cut down as soon as mixture doubles in bulk. If proper care is taken, the bread will be found most satisfactory, having neither "yeasty" nor sour taste.

To Bake Bread. Bread is baked: (1) To kill ferment; (2) to make the starch soluble; (3) to drive off alcohol and carbon dioxide; and (4) to form brown crust of pleasant flavor.

Bake bread 40 to 60 minutes in hot oven (375° F. to 425° F.). If the oven is too hot, the crust will brown quickly before the heat has reached the center, and prevent further rising. Loaf should continue rising for first 15 minutes, when it should begin to brown, and continue browning for the next 20 minutes. The last 15 minutes it should finish baking, when the heat may be reduced. When bread is done, it will shrink from sides of pan and may be easily removed. Biscuits require a hotter oven than loaf bread (425° F. to 450° F.), should continue rising the first 5 minutes, and begin to brown in 8 minutes. Brush bread with melted butter 3 minutes before taking from oven, if a more tender crust is desired.

Bread may be baked before it has risen to double in bulk by starting the baking in a cold oven; then turn on heat and allow oven

to heat gradually to hot (400° F.). By this process, the last part of the rising is hastened by the heat of the oven.

Care of Bread after Baking. Remove loaves at once from pans and place, side down, on a wire bread or cake cooler. If a crisp crust is desired, cool bread without covering; if soft crust, cover with a towel during cooling. When cool, wrap in wax paper, put in tin box or stone jar, and cover closely.

Never keep bread wrapped in cloth, as the cloth will absorb moisture and give an unpleasant taste to bread. Bread tins or jars should be washed and scalded twice a week in winter and every other day in summer; otherwise bread is apt to mold.

To Use Stale Bread. See Toast (p. 64), Dry Crumbs (p. 29), and Bread Puddings (p. 538), etc.

WHITE BREAD

1 cup scalded milk	2½ teaspoons salt
1 cup boiling water	2 tablespoons sugar
1 tablespoon butter	1 yeast cake dissolved in
1 tablespoon lard or other	¼ cup lukewarm water
shortening	6 cups sifted bread flour

Put shortening, sugar, and salt in large bowl without a lip or in top of large double boiler. Add liquid. When lukewarm, add dissolved yeast cake and 3 cups flour. Mix thoroughly with knife or spoon. Add 2 cups flour, mix with knife, and add remaining flour gradually, using just enough to prevent sticking.

Turn on floured board or cloth, leaving a clean bowl. Knead until mixture is smooth and elastic to the touch and bubbles may be seen under the surface. Return to bowl, cover with clean cloth and board or tin cover. Let rise until double in bulk.

Cut down. Turn onto slightly floured board or pastry cloth, knead, shape, and place in greased pans, having pans nearly half full. Cover, let rise to double in bulk. Bake 15 minutes in hot oven (425° F.), then reduce to moderately hot (375° F.) and bake 30 to 35 minutes longer. For more detailed directions about mixing and baking bread, see pp. 68-70.

Increase amount of butter by 1 or 2 tablespoons, to make a richer bread or a suitable mixture for biscuits and rolls.

Bran Bread. Use 1 cup bran and 5 cups flour and $\frac{1}{4}$ cup molasses instead of sugar.

Currant Loaf. When shaping into loaves, knead in $\frac{1}{3}$ cup cleaned dried currants.

Date Bread. After first rising, add 2 cups dates, cut in pieces.

Raisin Bread. After first rising, add 2 cups raisins and $\frac{1}{2}$ cup sugar. To make a richer mixture, add 2 eggs, well beaten.

Entire Wheat Bread. Use half white flour and half fine entire wheat flour and use 3 tablespoons molasses in place of sugar. For **Raisin Nut Bread**, add, after first rising, 1 cup raisins and 1 cup walnut or pecan nut meats, broken in pieces. For **Colonial Bread**, use half the recipe to make 4 small loaves. After first rising, knead in $\frac{1}{2}$ cup each finely cut candied orange peel and pecan nut meats, broken in pieces. Put into round tins until $\frac{1}{3}$ full; let rise and bake. Cool and use for sandwiches.

Rye Bread. Use brown sugar in place of white and only 3 cups bread flour. After first rising, add enough rye meal to make dough stiff enough to knead.

Rye and Caraway Bread. Use 1 cup bread flour and the rest rye flour. Use only 1 tablespoon sugar. After first rising, knead in $\frac{1}{3}$ tablespoon caraway seeds.

GERMAN RYE AND CARAWAY BREAD

2 cups scalded milk	1 yeast cake dissolved in
2 tablespoons sugar	$\frac{1}{2}$ cup lukewarm water
2 tablespoons butter	2 tablespoons caraway seeds
1 teaspoon salt	6 cups rye flour
1 $\frac{1}{2}$ cups fine entire wheat flour <i>or</i> bread flour	

Make like White Bread, kneading in entire wheat flour and caraway seeds after first rising.

COARSE ENTIRE WHEAT BREAD I

2 cups scalded milk	2 teaspoons salt
$\frac{1}{4}$ cup sugar <i>or</i>	1 yeast cake dissolved in
$\frac{1}{3}$ cup molasses	$\frac{1}{4}$ cup lukewarm water
4 $\frac{2}{3}$ cups coarse entire wheat flour	

Add sweetening and salt to milk. Cool, and when lukewarm add dissolved yeast cake and flour. Beat well, cover, and let rise to

double in bulk. Again beat and turn into greased bread pans, having pans half full. Let rise and bake (p. 69). Entire Wheat Bread should not quite double its bulk during last rising. This mixture may be baked in muffin pans.

COARSE ENTIRE WHEAT BREAD II

2 cups hot liquid (water or milk and water)	3 tablespoons shortening
$\frac{2}{3}$ cup molasses	1 yeast cake dissolved in
$2\frac{1}{2}$ teaspoons salt	$\frac{1}{4}$ cup lukewarm water
3 cups coarse entire wheat flour	3 cups flour

Make like Coarse Entire Wheat Bread I. If for muffins, use $2\frac{1}{2}$ cups liquid.

THIRD BREAD

1 yeast cake	$\frac{1}{2}$ cup molasses
2 cups lukewarm water	1 cup rye flour
2 teaspoons salt	1 cup corn meal
3 cups flour	

Dissolve yeast cake in water, add remaining ingredients, and mix thoroughly. Continue as in making Coarse Entire Wheat Bread I.

ROLLED OATS BREAD

2 cups boiling water	1 yeast cake dissolved in
$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ cup lukewarm water
2 teaspoons salt	1 cup rolled oats
1 tablespoon butter	5 cups flour

Add boiling water to oats and let stand one hour; add molasses, salt, butter, dissolved yeast cake, and flour. Beat thoroughly, let rise and beat again. Turn into buttered bread pans, let rise again and bake (p. 69).

Rolled Oats Bread with Nuts and Prunes. After first rising, add 1 cup chopped nuts or prunes, cut in pieces, or use $\frac{1}{2}$ cup chopped nuts and 1 cup prunes.

HEALTH BREAD OR MUFFINS

1 cup cooked wheat cereal (warm)	1 tablespoon butter
$\frac{1}{4}$ cup brown sugar	1 yeast cake dissolved in
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup lukewarm water
$2\frac{1}{4}$ cups flour	

Mix first four ingredients, add dissolved yeast cake and flour; then knead. Cover and let rise. Cut down, shape in loaves or fill muffin pans $\frac{2}{3}$ full. Again let rise and bake in moderately hot oven (375° F.).

Date and Nut Bread. After first rising, add $\frac{2}{3}$ cup, each, walnut meats and dates cut in pieces.

COFFEE BREAD OR KUCHEN

1 cup scalded milk	1 yeast cake dissolved in
$\frac{1}{3}$ cup sugar	$\frac{1}{4}$ cup lukewarm water
$\frac{1}{3}$ cup butter	2 eggs, well beaten
$\frac{1}{2}$ teaspoon salt	Flour (about $3\frac{3}{4}$ cups)

Add sugar, butter, and salt to scalded milk. When lukewarm, add dissolved yeast cake, egg, and enough flour to make a stiff batter. Cover and let rise until mixture doubles in bulk. Cut down, beat thoroughly, and spread evenly in 2 buttered, round, layer-cake tins, or spread $\frac{1}{2}$ inch thick in buttered dripping pan. Spread with desired mixture. Let rise and bake 40 minutes, beginning with hot oven (400° F.) and decreasing after 10 minutes to moderate (350° F.). If desired, use only 1 egg or 2 egg yolks.

Apple Kuchen. Spread $\frac{3}{4}$ inch thick in buttered dripping pan. Brush over with melted butter. Pare 5 sour apples and core, cut in eighths, and press sharp edges of apples into dough in parallel rows lengthwise of pan. Sprinkle with $\frac{1}{4}$ cup sugar mixed with $\frac{1}{2}$ teaspoon cinnamon and 2 tablespoons currants or seedless raisins. Cover, let rise, and bake 30 minutes in moderate oven (350° F.). If to be served as dessert, cut in squares and serve with whipped cream, sweetened and flavored.

Raisin Kuchen. To mixture, add $\frac{1}{2}$ cup raisins, cut in pieces. Before baking, brush over with beaten egg and cover with following mixture: Melt 3 tablespoons butter, add $\frac{1}{3}$ cup sugar and 1 teaspoon cinnamon. When sugar is partially melted, add 3 tablespoons flour. Bake in moderately hot oven (375° F.).

Cincinnati Coffee Bread. Before last rising, sprinkle with the following: Mix 4 tablespoons sugar, $1\frac{1}{2}$ teaspoons cinnamon, 1 cup soft, stale bread crumbs, 4 tablespoons melted butter, and 4 tablespoons chopped blanched almonds.

MORAVIAN BREAD OR KUCHEN

1 yeast cake dissolved in	1 egg, well beaten
$\frac{1}{4}$ cup lukewarm water	$\frac{3}{8}$ cup butter
1 cup hot mashed potatoes	$\frac{3}{8}$ cup lard or other shortening
2 cups scalded milk	1 cup sugar
$2\frac{1}{2}$ cups flour	2 teaspoons salt
	$2\frac{3}{4}$ cups flour

When milk is lukewarm, add potatoes, dissolved yeast cake, and $2\frac{1}{2}$ cups flour. Cover and let rise until light. Add egg, lard, butter, sugar, salt, and remaining flour. Turn into buttered dripping pan and spread evenly. Cover, let rise until light. Brush over with melted butter. Make parallel rows of $\frac{3}{4}$ inch depressions, with finger tip or knife handle. Put a bit of butter in each depression and fill with brown sugar. Sprinkle with 2 tablespoons brown sugar mixed with 1 teaspoon cinnamon. Bake 35 minutes in moderate oven (350° F.).

SWEDISH BREAD

$2\frac{1}{2}$ cups scalded milk	$\frac{2}{3}$ cup sugar
1 yeast cake	1 egg, well beaten
Flour (about 7 cups)	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup melted butter	1 teaspoon almond extract

Dissolve yeast cake in $\frac{1}{2}$ cup milk which has been allowed to cool until lukewarm. Add $\frac{1}{2}$ cup flour, beat thoroughly, cover, and let rise. When light, add remaining milk and $4\frac{1}{2}$ cups flour. Stir until well mixed, cover, and again let rise; then add remaining ingredients and $1\frac{1}{2}$ cups flour. Turn onto floured cloth and knead, using $\frac{1}{2}$ cup flour; cover and let rise again. Shape (see below) and bake 20 minutes in moderate oven (350° F.).

Swedish Coffee Braid. Cut off 3 pieces of mixture of equal size and roll, using the hands, in pieces of uniform size; then braid. Form in ring, if desired. Put on a buttered cooky sheet, cover, and let rise. Brush over with 1 egg yolk, slightly beaten, and diluted with $\frac{1}{2}$ tablespoon cold water. Sprinkle with blanched almonds finely chopped or cut in slices crosswise. Bake 20 minutes in moderate oven (350° F.).

Swedish Coffee Ring. Take $\frac{1}{3}$ of mixture and shape with hands in long roll. Roll as thin as possible on an unfloured board

with rolling-pin. Mixture will stick to board but may easily be lifted with a knife. Spread with melted butter, sprinkle with sugar and chopped blanched almonds, or cinnamon. Roll like a jelly roll, trim, if necessary, and join ends to form ring. Place on a buttered cooky sheet, cut with scissors, holding scissors perpendicularly, and shape. See illustration. Let rise and bake 20 minutes in moderate oven (350° F.).



Cutting Swedish Coffee Ring in Points

STANDARD ROLLS

2 cups scalded milk	2 teaspoons salt
3 tablespoons butter	1 yeast cake dissolved in
2 tablespoons sugar	$\frac{1}{4}$ cup lukewarm water
Flour (about 6 cups)	

Add 1 or 2 egg whites or 1 or 2 eggs, well beaten, if desired. For richer rolls, add 2 or 3 tablespoons butter.

Add butter, sugar, and salt to milk. When lukewarm, add dissolved yeast cake and 3 cups flour. Beat thoroughly, cover, and let rise until light; cut down, add egg if used, and enough flour to knead (about $2\frac{1}{2}$ cups). Let rise until double in bulk, and turn onto slightly floured cloth or board. Knead and shape (see below). Cover with cloth and board or cooky sheet and let rise until double in bulk. Bake in hot oven (425° F.) 12 to 15 minutes. All the

dough may be used at once, or part may be used and the rest covered and kept in refrigerator to be used later. Makes 30 to 36 rolls.

To reduce the time, shape biscuits as soon as mixed.

Round Biscuits. When mixture is ready to shape, pull off as many small pieces of dough (having them of uniform size) as there are to be biscuits. Hold piece with thumb and first finger of left hand; with right hand fold dough from top under, constantly moving dough round and round until it is perfectly smooth on top and there are no creases underneath. Place in greased muffin tins or in greased pans near together. Brush between with melted butter, so that biscuits will separate easily after baking.

Finger Rolls. Shape Round Biscuits and roll with one hand on part of board where there is no flour, until of desired length. Make smooth and of uniform size, and round at ends.

Clover Leaf Rolls. Shape in tiny balls, brush edges with melted butter, place 3 in each section of greased muffin tins.

Parker House Rolls I. When mixture is ready to shape, pat and roll out $\frac{1}{8}$ inch thick, cut out with biscuit cutter or Parker House roll cutter, first dipped in flour. Dip the handle of a case knife in flour and with it make a crease through the middle of each piece; brush over half of each piece with melted butter, fold, and press edges together. Place in greased pan 1 inch apart.

Parker House Rolls II. Cut or tear off small pieces of dough and shape round, like a biscuit. Place in rows on floured board, cover with cloth and pan, and let rise until light. With handle of large wooden spoon or toy rolling-pin, crease through center of each biscuit, brush edge of lower halves with melted butter, fold, press lightly, and place in buttered pan 1 inch apart.

Salad, Dinner, or Reception Rolls. Shape in small biscuits, place in rows on floured board, cover with cloth and pan, and let rise until light and well puffed. Flour handle of wooden spoon and make a deep crease in the middle of each biscuit, take up, and press edges together. Place closely in buttered pan, brushing with butter between biscuits.

Orange Rolls. Sprinkle with grated orange rind. Roll $\frac{1}{8}$ inch thick and shape with small round cutter. Press a small lump of sugar dipped in orange juice into each.

Cheese Biscuits. Roll $\frac{1}{3}$ inch thick, sprinkle with grated cheese, and cut out with small round cutter.

ROSEBUD BISCUITS

Make Dough for Standard Rolls. Roll $\frac{1}{4}$ inch thick, spread with softened butter, and roll up like jelly roll. Cut in $\frac{3}{4}$ -inch pieces. Place in buttered pan, close together, cut side down. Let rise until double in bulk and bake 20 minutes in hot oven (400° F.).

Cinnamon Rolls. Before rolling up, sprinkle with $\frac{1}{2}$ cup sugar mixed with 2 teaspoons cinnamon.

Swedish Rolls. Before rolling up, sprinkle with 2 tablespoons sugar, $\frac{1}{3}$ teaspoon cinnamon, $\frac{1}{3}$ cup seeded raisins, and 2 tablespoons chopped citron.

Butterscotch Biscuits. Cream $\frac{1}{2}$ cup butter with $\frac{3}{4}$ cup brown sugar. Spread part on dough before rolling up. Spread remainder on bottom of 9-inch round pan. Brush sides of rolls with melted butter. Place close together on sugar and butter mixture in pan, cut side down. Let rise until doubled in bulk. Bake 25 minutes in moderately hot oven (375° F.). Serve butterscotch side up.

Butterscotch Pecan Rolls. Before placing Butterscotch Biscuits in pan, sprinkle butter and sugar mixture with $\frac{1}{2}$ cup pecan nut meats.

QUICK ROLLS

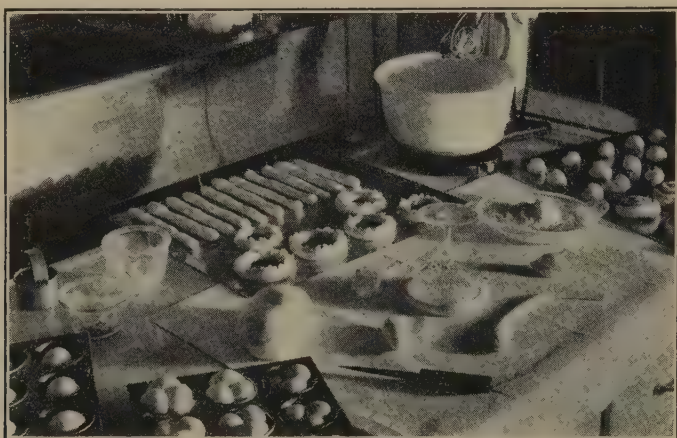
(Using Electric Beater)

1 cup scalded milk	1 teaspoon salt
2 tablespoons butter	1 yeast cake, dissolved in
1 tablespoon sugar	$\frac{1}{4}$ cup lukewarm water
1 egg	4 cups flour (bread, all-purpose, or half whole wheat)

Sugar may be increased to $\frac{1}{4}$ cup to make sweeter rolls.

Add butter, sugar, and salt to milk. Cool to lukewarm, add egg, softened yeast cake, and $1\frac{1}{2}$ cups flour. Beat 2 minutes with electric beater. Add remaining flour to make dough stiff enough to handle. Dough may be stored in refrigerator, tightly covered, until wanted. Two and a half hours before needed, turn onto slightly floured pastry cloth or board. Shape in any of the ways

suggested under Standard Rolls (p. 75). Arrange in buttered pans, cover and let rise until double in bulk (about 2 hours). Bake in hot oven (425° F.) 12 to 20 minutes, according to size of rolls. Makes 24 to 30 rolls.



Shape Mixture for Quick Rolls in Any of the Ways Suggested under Standard Rolls, Wreaths, etc:

WREATHS

Work into 1 cup bread dough $\frac{1}{2}$ cup butter and $\frac{1}{4}$ cup lard, using hands or pastry mixer. When thoroughly blended, turn onto floured board and knead, using just enough flour to prevent sticking. Cut off pieces and roll like small bread sticks; then shape into rings (see illustration above). Dip upper surface in almonds, blanched, chopped, and seasoned with salt. Arrange on buttered baking sheet and bake in hot oven (400° F.) until delicately browned.

BREAD STICKS

1 cup scalded milk	1 yeast cake dissolved in
$\frac{1}{4}$ cup butter	$\frac{1}{4}$ cup lukewarm water
$1\frac{1}{2}$ tablespoons sugar	1 egg white, well beaten
$\frac{1}{2}$ teaspoon salt	$3\frac{1}{2}$ cups flour

Add butter, sugar, and salt to milk. When lukewarm, add dissolved yeast cake, egg white, and flour. Knead, let rise, shape,

and put 1 inch apart on cooky sheet, or in bread-stick pans. Let rise again and start baking in hot oven (425° F.). After 5 minutes reduce heat to moderate (350° F.), that sticks may be crisp and dry. *To shape sticks*, first shape into small biscuits, roll on board (where there is no flour) with hands until 8 inches long, keeping of uniform size and rounded ends, which may be done by bringing fingers close to, but not over, ends of sticks. This mixture may also be shaped and baked in any of the ways suggested for Standard Roll Mixture.

Bowknot Rolls. Roll $\frac{1}{4}$ inch thick, cut strips $\frac{3}{4}$ inch wide, and braid.

Salad Sticks. Let rise and add salt to dough, allowing 2 teaspoons to each cup of dough. Shape in small sticks, let rise again, sprinkle with salt, and bake in slow oven (300° F.). If preferred glazed, brush over with egg yolk slightly beaten and diluted with $\frac{1}{2}$ tablespoon cold water.

PARMESAN CHEESE STICKS

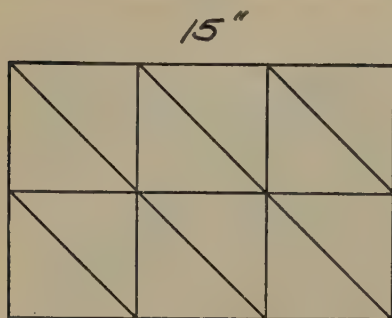
Turn 1 cup bread dough onto a floured board, pat and roll in rectangular shape as thin as possible. Spread with 1 tablespoon butter, dredge with flour, and fold from ends to make 3 layers. Repeat 3 times and cut in finger-shaped pieces. Arrange on cooky sheet, cover, let stand 15 minutes, and bake in hot oven (425° F.). Remove from oven, brush over with egg white, and roll in ^{grated} Parmesan cheese, seasoned with salt and cayenne. Return to oven and bake 4 minutes.

FRENCH CRESCENT OR CROSSETT ROLLS

1 cup scalded milk	1 yeast cake dissolved in
1 tablespoon lard	$\frac{1}{4}$ cup lukewarm water
1 tablespoon sugar	Flour (about $2\frac{1}{2}$ cups)
$\frac{3}{4}$ teaspoon salt	1 cup butter
	Cream

Add lard, sugar, and salt to milk. When lukewarm, add dissolved yeast cake and flour to knead. Turn onto slightly floured cloth, knead, return to bowl, cover, let rise until doubled in bulk. Chill in refrigerator. Turn onto slightly floured cloth, pat and roll into rectangle, $\frac{1}{4}$ inch thick. Spread with 4 tablespoons creamed

butter and fold from ends toward center, making 3 layers. Turn $\frac{1}{4}$ way round, pat, roll out as before, and again spread with 4



tablespoons creamed butter. Repeat twice. Chill 2 hours or longer. Divide in half.

Using half the dough, roll out into rectangle 15 by 10 inches, measuring carefully. Cut as in illustration to avoid reshaping or wasting dough. Roll

up each triangle, beginning on long side. Curve in crescent form. Place on cooky sheet covered with brown paper. Chill 20 minutes. Brush with cream. Bake 30 minutes, beginning with hot oven (400° F.) and decreasing, as rolls brown, to moderate (350° F.).

REFRIGERATOR ROLLS

1 yeast cake dissolved in	$\frac{3}{4}$ cup sugar
1 cup lukewarm water	1 cup hot mashed potatoes
$\frac{1}{2}$ cup butter	1 cup cold water
$\frac{1}{2}$ cup other shortening	1 teaspoon salt
Flour (6 to $6\frac{1}{2}$ cups)	

Add shortening, sugar, and potatoes to yeast cake and water. Let stand 2 hours in warm room. Add cold water, salt, and enough flour to make stiff dough. Let stand, well covered, in refrigerator 24 hours. Shape in any of the ways suggested above. Let rise 2 hours before baking. This mixture may be kept in refrigerator several days and baked as needed. 30 to 36 rolls.

LUNCHEON ROLLS OR BRIOCHE

$\frac{1}{2}$ cup scalded milk	2 tablespoons melted butter
2 tablespoons sugar	1 egg, beaten
$\frac{1}{2}$ teaspoon salt	Few gratings from rind of lemon
$\frac{1}{2}$ yeast cake dissolved in	Flour (about 2 cups)
2 tablespoons lukewarm water	

Add sugar, salt, and butter to milk; when lukewarm, add dissolved yeast cake, egg, lemon rind, and flour. Beat thoroughly.

Knead slightly, cover, and let rise. Knead slightly again, and roll $\frac{1}{2}$ inch thick. Shape with small biscuit cutter, place in buttered pan close together, let rise again, and bake. To make in 3 hours, use $1\frac{1}{2}$ yeast cakes. This mixture may be shaped like Coffee Rolls (p. 84). Makes 12 to 18 rolls.

CREAM BREAD FINGERS

$\frac{1}{2}$ cup heavy cream	1 yeast cake dissolved in
2 tablespoons sugar	$\frac{1}{4}$ cup lukewarm water
$\frac{1}{4}$ tablespoon salt	$1\frac{1}{4}$ cups flour

Scald cream and add sugar and salt; when lukewarm, add dissolved yeast cake and flour and beat thoroughly. Turn onto slightly floured board and knead. Return to bowl, cover, let rise, toss on slightly floured board, and pat and roll $\frac{1}{4}$ inch thick. Shape with lady-finger cutter, first dipped in flour, arrange on buttered cooky sheet, cover, again let rise, and bake in moderately hot oven (375° F.). Brush over with 2 tablespoons milk, mixed with 1 tablespoon sugar, and return to oven to glaze. Makes 12.

SWEET FRENCH ROLLS

1 cup milk	1 teaspoon salt
1 yeast cake dissolved in	1 egg
$\frac{1}{4}$ cup lukewarm water	1 egg yolk
Flour	$\frac{1}{8}$ teaspoon mace
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ cup melted butter

Make like Standard Rolls (p. 75), adding mace with flour and eggs after sponge has become light. Shape like Rosebud Biscuits (p. 77). A few gratings from the rind of a lemon or $\frac{1}{2}$ teaspoon lemon extract may be used in place of mace. Makes 24 to 30 rolls.

FRENCH RUSKS

2 cups scalded milk	1 yeast cake dissolved in
$\frac{1}{4}$ cup butter	$\frac{1}{4}$ cup lukewarm water
$\frac{1}{4}$ cup sugar	1 egg, well beaten
1 teaspoon salt	2 egg yolks, well beaten
Flour (about 6 cups)	1 egg white
$\frac{3}{4}$ teaspoon vanilla	

Make like Standard Rolls (p. 75), adding egg and egg yolks after sponge has become light. Shape like Parker House Rolls

(p. 76). Before baking, make 3 parallel creases on top of each roll. Start baking in hot oven (450° F.) decreasing to moderately hot (375° F.) after 5 minutes. When nearly done, brush over with egg white beaten slightly and diluted with 1 tablespoon cold water and vanilla. Sprinkle with sugar. Juice and rind of $\frac{1}{2}$ lemon may be added after first rising, if desired. Makes 36 to 40 rusks.

RUSKS (ZWIEBACK)

$\frac{1}{2}$ cup scalded milk	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup melted butter
2 yeast cakes	3 eggs, unbeaten
Flour	

Add yeast cakes to milk when lukewarm; then add salt and 1 cup flour and let rise until very light. Add sugar, butter, eggs and flour enough to handle. Shape like Finger Rolls (p. 76) and place close together on greased cooky sheet in parallel rows, having rows 2 inches apart. Let rise again and bake 20 minutes in moderately hot oven (375° F.). When cold, cut diagonally in half-inch slices, and brown evenly in slow oven (275° F.).

POTATO BISCUIT

$\frac{3}{4}$ cup shortening	1 yeast cake dissolved in
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup lukewarm water
1 cup hot riced potatoes	2 egg yolks, beaten
$1\frac{1}{2}$ teaspoons salt	2 egg whites, beaten
1 cup milk	Flour ($5\frac{1}{2}$ cups)

Combine shortening, sugar, potatoes, salt, milk, 1 cup flour, dissolved yeast cake, and eggs. Cover, let rise until light. Add $4\frac{1}{2}$ cups flour, cover, and again let rise. Turn onto floured board, pat, and roll $\frac{1}{4}$ inch thick. Shape with small round cutter. Put together in pairs with butter between. Let rise and bake in hot oven (425° F.). Vary in any of the ways suggested after Standard Rolls (p. 75). Makes 30 to 36 biscuits.

SQUASH BISCUITS

$\frac{1}{2}$ cup squash (steamed and strained)	$\frac{1}{2}$ cup scalded milk
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ yeast cake dissolved in
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup lukewarm water
	$\frac{1}{4}$ cup butter
$2\frac{1}{2}$ cups flour	

Add squash, sugar, salt, and butter to milk. When lukewarm, add dissolved yeast cake and flour; cover and let rise overnight. Shape into biscuits, let rise, and bake in moderately hot oven (375° F.). Makes 12 to 18 biscuits.

PLAIN BUNS

1 cup scalded milk	1 tablespoon lard or other
1 tablespoon sugar	shortening
1 yeast cake	$\frac{1}{4}$ cup sugar
1 cup flour	Grated rind $\frac{1}{2}$ lemon
$\frac{2}{3}$ teaspoon salt	$\frac{1}{2}$ cup seeded raisins or currants
$\frac{1}{4}$ cup butter	Flour

Add sugar to milk, and when lukewarm add yeast cake, broken in small pieces. Cover and let stand 20 minutes; then add 1 cup flour and salt. Cover and let rise until light. Work butter and lard until creamy and add sugar, gradually, and lemon rind. Combine mixtures and add flour to make stiff batter (about $1\frac{1}{2}$ cups). Cover, again let rise, add raisins (cut in pieces) or currants, and enough more flour to make a soft dough. Cover, again let rise, shape in large biscuits, arrange on buttered tin sheet 1 inch apart, cover, let rise, brush over with egg yolk diluted with 1 teaspoon cold water, and bake 20 minutes in moderately hot oven (375° F.). Makes 20 to 24 buns.

HOT CROSS BUNS

1 cup scalded milk	$\frac{3}{4}$ teaspoon cinnamon
$\frac{1}{4}$ cup sugar	3 cups flour
2 tablespoons butter	1 egg, well beaten
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup raisins, stoned and
1 yeast cake dissolved in	quartered, <i>or</i>
$\frac{1}{4}$ cup lukewarm water	$\frac{1}{4}$ cup currants

Add butter, sugar, and salt to milk. When lukewarm, add dissolved yeast cake, cinnamon, flour, and egg; when thoroughly mixed, add raisins, cover, and let rise until light. Shape large biscuits, place in pan 1 inch apart, let rise, brush over with beaten egg, and bake 20 minutes in moderately hot oven (375° F.). Garnish each with cross made of Royal Frosting (p. 679), made with 1 egg white. Put on with pastry bag if desired. Makes 24 buns.

RUSSELL BUNS

1¼ cups scalded milk	1 teaspoon cinnamon
1 yeast cake dissolved in	1 teaspoon salt
¼ cup lukewarm water	2 eggs
3¾ cups flour	1 tablespoon butter
½ cup sugar	1 tablespoon lard
½ cup currants	

When milk is lukewarm, add dissolved yeast cake and 3 cups flour; cover and let rise until mixture is light. Add remaining flour with other ingredients, except currants; cover and again let rise until mixture doubles in bulk. Turn on floured cloth and knead in currants. Shape into biscuits, place in buttered pan close together, cover, and let rise. Brush tops with milk. Bake in moderately hot oven (375° F.) 25 minutes. Take from oven. Brush over with melted butter. Sprinkle with powdered sugar. Makes 24 to 30 buns.

COFFEE ROLLS

2 cups scalded milk	1 egg
1½ yeast cakes	½ teaspoon cinnamon
½ cup butter	1 teaspoon salt
½ cup lard	Melted butter
½ cup sugar	Confectioners' sugar
Flour (about 6 cups)	Vanilla

When milk is lukewarm, add yeast cakes, and as soon as dissolved add 3½ cups flour. Beat thoroughly, cover, and let rise. Add butter, lard, sugar, egg unbeaten, cinnamon, salt, and flour enough to knead. Roll into long, rectangular piece ¼ inch thick. Brush over with melted butter, fold from ends toward center to make 3 layers, and cut off pieces ¾ inch wide. Cover and let rise. Take each piece separately in hands and twist from ends in opposite directions, then shape in a coil. Place in buttered pans, cover, again let rise, and bake 20 minutes in moderate oven (350° F.). Cool slightly. Brush over with confectioners' sugar moistened with boiling water and flavored with vanilla. Makes 30 to 36 rolls.

COFFEE CAKES OR BRIOCHE

1 cup scalded milk	½ cup sugar
4 egg yolks	2 yeast cakes
3 eggs	½ teaspoon lemon extract or
¾ cup butter	2 pounded cardamom seeds
4¾ cups flour	

Cool milk to lukewarm, add yeast cakes, and when they are dissolved add remaining ingredients. Beat thoroughly 10 minutes. Let rise 6 hours. Chill in refrigerator overnight. Finish like Coffee Rolls (p. 84). Makes 24 coffee cakes.

Baba Cakes. To $1\frac{1}{2}$ cups dough, add $\frac{1}{3}$ cup each, raisins seeded and cut in pieces, currants, and citron thinly sliced, previously soaked in maraschino sirup for 1 hour. Shape in large biscuits. Place in buttered muffin pans. Cover, let rise, and bake 25 minutes in moderately hot oven (375° F.).

Flûtes. Shape dough like Bread Sticks. Place on a buttered sheet, cover, and let rise 15 minutes. Brush over with an egg white, slightly beaten and diluted with $\frac{1}{2}$ tablespoon cold water. Sprinkle with powdered sugar and bake 10 minutes in moderate oven (350° F.). These are delicious served with coffee or chocolate.

Rum Cakes. Shape in large biscuits. Fill buttered molds $\frac{2}{3}$ full. Cover and let rise to fill molds. Bake 25 minutes in moderately hot oven (375° F.). Dip in Rum Sauce ($\frac{1}{2}$ cup sugar cooked with 1 cup water 5 minutes, then $\frac{1}{4}$ cup rum added). Pour remaining sauce around cakes.

HOLLAND BRIOCHE CAKES

1 cup scalded milk	2 eggs, well beaten
$\frac{1}{3}$ cup sugar	$\frac{1}{3}$ cup melted butter
1 yeast cake	$\frac{1}{4}$ teaspoon salt
3 cups flour	Grated rind $\frac{1}{2}$ lemon

Add sugar to milk. When lukewarm, add yeast cake broken in pieces, and when yeast cake is dissolved, add $1\frac{1}{2}$ cups flour; cover and let rise until full of bubbles. Add eggs and remaining ingredients. Cover and again let rise. Shape, let rise and bake like Coffee Rolls (p. 84). Makes 20 to 24 cakes.

RAISED MUFFINS

1 cup scalded milk	$\frac{3}{4}$ teaspoon salt
1 cup boiling water	1 yeast cake
2 tablespoons butter	1 egg, well beaten
$\frac{1}{4}$ cup sugar	4 cups flour

Add butter, sugar, and salt to milk and water. When lukewarm, add yeast cake and, when dissolved, egg and flour. Beat thor-

oughly. Cover, let rise until light. Fill buttered muffin pans $\frac{2}{3}$ full. Let rise until pans are full. Bake 30 minutes in moderately hot oven (375° F.). Makes 24 to 30 muffins.

Grilled Muffins. Put buttered muffin rings on hot greased griddle. Fill half full with mixture and cook slowly until well risen and browned underneath; turn muffins and rings and brown other side.

TEA CAKES

1 cup scalded milk	1 yeast cake
4 tablespoons butter	2 tablespoons milk
2 tablespoons sugar	1 egg, slightly beaten
1 teaspoon salt	3 cups flour

Make like Raised Muffins (see above). Makes 20 to 24 cakes.

FLUME FLANNEL CAKES

$1\frac{1}{2}$ cups milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ yeast cake
$\frac{1}{2}$ cup butter	4 cups flour
2 egg whites, beaten stiff	

Scald milk and add sugar, butter, and salt. When lukewarm, add yeast cake and, when yeast is dissolved, flour. Mix thoroughly and add egg whites. Cover and let rise overnight, cut down, fill buttered, heavy muffin pans half full. Let rise. Bake 20 minutes in hot oven (400° F.). Makes 24 to 30 cakes.

SALLY LUNN TEA CAKES

2 tablespoons butter	1 yeast cake dissolved in
2 tablespoons sugar	$\frac{1}{4}$ cup lukewarm water
$\frac{1}{2}$ teaspoon salt	3 eggs, well beaten
1 cup scalded milk	Flour (about $3\frac{3}{4}$ cups)

Put butter, sugar, and salt in bowl, pour over scalded milk, and make like Raised Muffins (p. 85). Makes 18 to 24 tea cakes.

RAISED CORN MEAL MUFFINS

1 cup scalded milk	1 yeast cake dissolved in
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ cup lukewarm water
$\frac{1}{2}$ teaspoon salt	1 cup corn meal
$1\frac{3}{4}$ cups flour	$\frac{1}{4}$ cup melted butter

Make like Raised Muffins (p. 85). Makes 12 to 18 muffins.

RAISED HOMINY MUFFINS

1 cup warm cooked hominy	1 teaspoon salt
$\frac{1}{4}$ cup butter	1 yeast cake dissolved in
1 cup scalded milk	$\frac{1}{4}$ cup lukewarm water
3 tablespoons sugar	$3\frac{1}{4}$ cups flour

Mix first five ingredients. When lukewarm, add dissolved yeast cake and flour. Unless cooked hominy is rather stiff, more flour will be needed. Cover and let rise until light. Cut down, fill buttered gem pans $\frac{2}{3}$ full, let rise 1 hour, and bake in moderate oven (375° F.). Makes 24 muffins.

Raised Rice Muffins. Use 1 cup hot boiled rice in place of hominy and add 2 egg whites, beaten stiff.

RAISED OATMEAL MUFFINS

$\frac{3}{4}$ cup scalded milk	$\frac{1}{4}$ yeast cake dissolved in
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ cup lukewarm milk
$\frac{1}{2}$ teaspoon salt	1 cup cold cooked oatmeal
	$2\frac{1}{2}$ cups flour

Add sugar and salt to scalded milk. When lukewarm, add dissolved yeast cake. Work oatmeal into flour with tips of fingers and add to first mixture. Beat thoroughly, cover, and let rise overnight. Fill buttered iron gem pans $\frac{2}{3}$ full, let rise in warm place that pan may gradually heat and mixture rise to fill pan. Bake in moderate oven (375° F.) 25 to 30 minutes. Makes 24 muffins.

ENGLISH MUFFINS

$\frac{1}{2}$ cup scalded milk	1 yeast cake dissolved in
1 cup water	1 tablespoon water
1 teaspoon salt	3 tablespoons shortening
1 teaspoon sugar	4 cups bread flour

Cool milk to lukewarm, add water, salt, sugar, dissolved yeast cake, and 2 cups flour. Beat well. Let rise to double in bulk. Add shortening (slightly softened) and remaining flour. Beat and knead thoroughly to insure fine texture. Let rise until double in bulk. Place on slightly floured board. Flatten with rolling-pin to $\frac{3}{4}$ inch in thickness. Let stand until light. Cut with cutter $2\frac{1}{2}$ inches in diameter. Bake 15 minutes on hot buttered griddle, turning several times during cooking. Cut-out muffins may be kept in refrigerator until wanted. Makes 24 to 30 muffins.

CRUMPETS

1 pint milk	$\frac{1}{2}$ yeast cake dissolved in
3 cups flour	$\frac{1}{4}$ cup lukewarm water
$1\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup melted butter

Scald milk, cool to lukewarm, add flour. Beat until smooth. Add salt, butter, and yeast cake. Beat. Let rise until light or double its bulk. Place greased muffin rings on hot greased griddle, Half fill with dough, cook until batter sets, then turn and cook until brown on both sides. Adjust heat during process, so that crumpets do not brown too quickly, before batter is set. Makes 24 crumpets.

CHAPTER 7

BAKING-POWDER BISCUITS AND MUFFINS

Unfermented bread is raised without yeast or other ferment.

Some mixtures, such as pop-overs, are made light by beating sufficiently to enclose a large amount of air, which expands in the hot oven. The heat also changes the liquid in the mixture to steam, thereby increasing the expansion.

Baking-powder mixtures are made light by the liberation of gas in the mixture. Baking powder is composed of bicarbonate of soda and an acid (cream of tartar, calcium acid phosphate, or sodium aluminum sulphate) in correct proportions, mixed with a small quantity of dry material (flour or cornstarch). The gas in soda is set free by the acid; to accomplish this, moisture and heat are both required. As soon as moisture is added to baking-powder mixtures, the gas begins to escape; hence the necessity of baking as soon as possible. In using baking powder, allow 2 teaspoons baking powder to each cup of flour, when eggs are not used. If baking powder only is used for raising, bake mixture in hot oven (425° F.-475° F.), since the gases are liberated before they have done their work if the oven is slow or moderate.

To use soda and cream-of tartar in place of baking powder.

Use half as much cream of tartar as baking powder required in recipe and half as much soda as cream of tartar.

Soda and the acid in molasses, sour milk, lemon juice, and vinegar also combine to liberate gas. One cup sour milk requires $\frac{1}{2}$ teaspoon soda. One cup molasses requires 1 teaspoon soda. One tablespoon vinegar or lemon juice requires $\frac{3}{8}$ teaspoon soda. Omit 1 teaspoon baking powder for every $\frac{1}{4}$ teaspoon soda added to a mixture.

BAKING-POWDER BISCUITS

2 cups bread flour	2 tablespoons shortening
4 teaspoons baking powder	$\frac{3}{4}$ to 1 cup milk or half
1 teaspoon salt	milk and half water

For shortening, use all butter, all lard or other cooking fat, or use half of each. Mix dry ingredients and sift twice. Work in shortening with finger tips or pastry mixer. Add liquid gradually, mixing with knife to soft dough. It is impossible to determine the exact amount of liquid, owing to differences in flour. Toss on floured board, pat, and roll lightly $\frac{3}{4}$ inch thick. Shape with biscuit cutter. Place on buttered cooky sheet, bake 12 to 15 minutes in hot oven (450° F.). For richer biscuit, double amount of shortening. Makes 12 to 15 biscuits.

Butterscotch Biscuits and Butterscotch Pecan Rolls. Make like raised Butterscotch Biscuits (p. 77).

Cheese Biscuits. Add $\frac{1}{2}$ cup grated cheese to dry ingredients.

Emergency Drop Biscuits. Use $1\frac{1}{4}$ cups liquid. Drop by spoonfuls in buttered muffin tins or on buttered cooky sheet. A pleasant addition is to sprinkle a little corn meal in each muffin tin or on cooky sheet.

Orange Biscuits. Before baking, put $\frac{1}{2}$ teaspoon orange marmalade on each.

Minced Ham Biscuits. Roll $\frac{1}{2}$ inch thick. Cut out. Put together in pairs, with finely chopped boiled ham. Press lightly together. Brush with milk and bake.

Southern Biscuits. Knead 10 minutes before rolling and cutting out. Prick with a fork and bake.

FRUIT ROLLS (PINWHEEL BISCUITS)

Baking-powder Biscuit mixture	$\frac{1}{3}$ cup seedless raisins
Melted butter	$\frac{1}{3}$ teaspoon cinnamon
2 tablespoons sugar	2 tablespoons citron finely chopped

Roll biscuit mixture $\frac{1}{4}$ inch thick. Brush over with butter and sprinkle with sugar, cinnamon, and fruit. Roll up like jelly roll. Cut off pieces $\frac{3}{4}$ inch thick. Bake 15 minutes in hot oven (450° F.).

Orange Pinwheels. Spread thinly with orange marmalade instead of fruit mixture. Makes 12 to 15 rolls.

CREAM SCONES

2 cups flour	$\frac{1}{2}$ teaspoon salt
4 teaspoons baking powder	4 tablespoons butter
2 teaspoons sugar	2 eggs
$\frac{1}{3}$ cup cream or milk	

Mix and sift dry ingredients. Work in butter with pastry mixer, fork, or finger tips; add eggs well beaten (reserving a small amount of unbeaten white) and cream. Toss on floured board, pat, and roll $\frac{3}{4}$ inch thick. Cut in squares, diamonds, or triangles, brush with reserved egg-white diluted with 1 teaspoon water, sprinkle with sugar, and bake 15 minutes in hot oven (450° F.). Makes 12.

PLAIN MUFFINS

2 cups flour	2 tablespoons sugar
3 teaspoons baking powder	1 cup milk
$\frac{1}{2}$ teaspoon salt	2 tablespoons melted butter
1 egg, well beaten	

Combine dry ingredients. Combine liquid ingredients and add to dry mixture as quickly as possible, mixing only enough to dampen flour. Drop by spoonfuls in buttered muffin pans and bake 25 minutes in hot oven (400° F.). Makes 12 muffins.

Berry Muffins. Reserve $\frac{1}{4}$ cup flour; use to dredge 1 cup blueberries or huckleberries and add to mixture. Omit egg, if desired. Amount of sugar may be doubled.

Twin Mountain Muffins. Double amount of sugar and butter.

Date Muffins. Add $\frac{1}{2}$ to 1 cup sliced, pitted dates.

QUEEN OF MUFFINS

1 $\frac{1}{2}$ cups flour	$\frac{1}{2}$ teaspoon salt
2 $\frac{1}{2}$ teaspoons baking powder	$\frac{1}{4}$ cup milk
$\frac{1}{3}$ cup sugar	1 egg, well beaten
$\frac{1}{4}$ cup melted butter	

Mix and bake like Plain Muffins (see above). Makes 12.

TEA MUFFINS

2 cups flour	$\frac{1}{2}$ cup sugar
2 teaspoons cream of tartar	1 cup milk
1 teaspoon soda	1 egg, well beaten
1 teaspoon salt	3 tablespoons melted butter

Mix and bake like Plain Muffins (see above). Makes 24 (small).

GRAHAM OR RYE MUFFINS I

1 $\frac{1}{4}$ cups coarse entire wheat flour or rye meal	$\frac{1}{3}$ cup molasses
1 cup flour	$\frac{3}{4}$ teaspoon soda
1 cup sour milk	1 teaspoon salt
	2 tablespoons melted butter

Mix and bake like Plain Muffins (p. 91). Do not sift entire wheat flour. Makes 12 to 15 muffins.

GRAHAM MUFFINS II

1 cup entire wheat flour	1 cup milk
$\frac{3}{4}$ cup flour	1 egg, well beaten
$\frac{1}{4}$ cup sugar	3 tablespoons melted butter
1 teaspoon salt	5 teaspoons baking powder

Mix and bake like Plain Muffins (p. 91). Makes 12 muffins.

HOMINY GEMS

$\frac{1}{4}$ cup hominy	1 cup corn meal
$\frac{1}{2}$ teaspoon salt	3 tablespoons sugar
$\frac{1}{2}$ cup boiling water	3 tablespoons butter
1 cup scalded milk	2 eggs
	3 teaspoons baking powder

Add hominy mixed with salt to boiling water and let stand until hominy absorbs water, or use $\frac{1}{2}$ cup cooked hominy. Add scalded milk to corn meal, then add sugar and butter. Combine mixtures, cool slightly, add egg yolks beaten until thick, and egg whites beaten until stiff. Sift in baking powder and beat thoroughly. Bake in buttered muffin pans in hot oven (400° F.). Makes 12 gems.

OATMEAL MUFFINS

1 cup cooked oatmeal	$\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup milk
2 tablespoons sugar	1 egg, well beaten
4 teaspoons baking powder	2 tablespoons melted butter

Add oatmeal to milk. Mix and bake like Plain Muffins (p. 91).

ROLLED OATS MUFFINS

2 cups rolled oats	1 egg, well beaten
1 $\frac{1}{2}$ cups sour milk	1 teaspoon soda
$\frac{1}{4}$ cup melted butter	$\frac{1}{2}$ teaspoon salt
$\frac{1}{3}$ cup sugar	1 cup flour

Soak rolled oats in sour milk overnight. Add remaining ingredients. Bake in buttered gem pans in moderately hot oven (375° F.). Makes 18 muffins.

RICE OR CEREAL MUFFINS

2¼ cups flour	1 cup milk
¾ cup cooked rice or other cereal	1 egg, well beaten
5 teaspoons baking powder	2 tablespoons melted butter
2 tablespoons sugar	½ teaspoon salt

Add cereal to milk. Mix and bake like Plain Muffins (p. 91).

RYE BREAKFAST GEMS

1 cup rye flour	2 eggs, well beaten
1 cup bread flour	1 cup milk
½ teaspoon salt	2 tablespoons melted butter
4 teaspoons baking powder	2 tablespoons molasses

Mix and bake like Plain Muffins (p. 91). Makes 12.

BRAN MUFFINS

1 cup flour	2 cups bran
1 teaspoon soda	1 cup milk
1 teaspoon salt	½ cup molasses
1 egg, well beaten	(if desired)

Mix and sift flour, soda, and salt. Add other ingredients. Bake in buttered muffin tins 30 to 40 minutes in moderately hot oven (375° F.). Makes 18 muffins.

Raisin Bran Muffins. Add ¾ cup seeded raisins to bran.

BERKSHIRE MUFFINS

½ cup corn meal	½ teaspoon salt
½ cup flour	⅔ cup scalded milk (scant)
½ cup cooked rice	1 egg yolk, well beaten
2 tablespoons sugar	1 tablespoon melted butter
3 teaspoons baking powder	1 egg white, beaten stiff

Turn scalded milk on meal, let stand 5 minutes; add rice, and flour mixed and sifted with remaining dry ingredients. Add egg yolk and butter. Fold in egg white. Bake in muffin pans in hot oven (400° F.). Makes 12 muffins.

POP-OVERS

1 cup flour	$\frac{7}{8}$ cup milk
$\frac{1}{4}$ teaspoon salt	2 eggs
$\frac{1}{2}$ teaspoon melted butter	

Mix salt and flour; add milk gradually, to make a smooth batter. Beat whole eggs until light and add to mixture. Add butter. Beat 2 minutes with egg beater, turn into buttered custard cups or hissing-hot buttered iron gem pans. Bake 30 to 35 minutes, beginning with hot oven (500° F.) and decreasing gradually to moderate oven (350° F.) as pop-overs start to brown. Makes 8 to 12 pop-overs.



Thorough Beating and Correct Baking Are the Secrets of Perfect Pop-overs

Graham Pop-overs. Use $\frac{2}{3}$ cup fine entire wheat flour and $\frac{1}{3}$ cup white flour.

Rye Pop-overs. Use $\frac{2}{3}$ cup rye meal and $\frac{1}{3}$ cup white flour. Increase milk to 1 cup and butter to 1 teaspoon.

BREAKFAST PUFFS

1 cup flour	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup water	

Mix milk and water; add gradually to flour and beat with egg beater until very light. Bake like Pop-overs. Makes 8 to 12 puffs.

Fadges. Use fine entire wheat flour and 1 cup water (no milk).

MARYLAND BEATEN BISCUIT

1 pint flour	1 teaspoon salt
$\frac{1}{3}$ cup lard	Milk and water in equal quantities

Mix and sift flour and salt; work in lard with pastry mixer or finger tips. Moisten to stiff dough. Toss on slightly floured board and beat 30 minutes with rolling-pin or special utensil, continually folding over the dough. Roll $\frac{1}{3}$ inch thick, shape with round cutter 2 inches in diameter, prick with fork, and place on buttered tin. Bake 20 minutes in hot oven (400° F.). Makes 12 to 18 biscuits.

AFTERNOON-TEA CRACKERS

1 cup bread flour	1 teaspoon baking powder
$\frac{1}{2}$ cup butter	$\frac{1}{4}$ teaspoon salt
3 tablespoons milk	

Mix and sift dry ingredients and work in butter, using pastry mixer or finger tips. Add milk to make stiff dough, toss on floured board, and pat and roll $\frac{1}{4}$ inch thick. Shape with round cutter dipped in flour, arrange on buttered cooky sheet, and bake 10 minutes in hot oven (400° F.). Split while hot, return to oven, and bake until a golden brown. These crackers will keep for weeks without crumbling. Makes 36 crackers.

CREAM WAFERS

$1\frac{1}{2}$ cups pastry flour	1 teaspoon salt
Heavy cream (about $\frac{1}{2}$ cup)	

Mix and sift flour and salt. Add cream slowly to make dough. Toss on slightly floured cloth and knead until smooth. Pat and roll as thin as possible. Prick with fork and shape with small round or fancy cutter, first dipped in flour. Arrange on buttered cooky sheet and bake in moderate oven (350° F.) until delicately browned. Makes 48 wafers.

CHAPTER 8

CORN CAKE, NUT BREAD AND OTHER QUICK BREADS

GOLDEN CORN CAKE

$\frac{3}{4}$ cup corn meal	$\frac{3}{4}$ teaspoon salt
1 cup flour	1 cup milk
$\frac{1}{3}$ cup sugar	1 egg, well beaten
3 teaspoons baking powder	2 tablespoons shortening, melted

Mix and sift dry ingredients; add milk, egg, and shortening; bake in shallow buttered pan 20 minutes in hot oven (425° F.). For shortening, butter, chicken fat, or beef drippings may be used.

MOLASSES CORN CAKE

1 cup corn meal	$\frac{1}{4}$ cup molasses
$\frac{3}{4}$ cup flour	$\frac{3}{4}$ cup milk
$3\frac{1}{2}$ teaspoons baking powder	1 egg
1 teaspoon salt	1 tablespoon melted shortening

Mix and bake like Golden Corn Cake (see above), adding molasses to milk.

LITTLETON SPIDER CORN CAKE

$1\frac{1}{3}$ cups corn meal	2 eggs, well beaten
$\frac{1}{3}$ cup flour	2 cups sweet milk
1 cup sour milk	$\frac{1}{4}$ cup sugar
1 teaspoon soda (scant)	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ tablespoons butter	

Mix and sift corn meal and flour. Add sour milk mixed with soda, eggs, 1 cup sweet milk, sugar, and salt. Melt butter in iron frying pan and turn in mixture. Pour over remaining milk and bake 50 minutes in moderate oven (350° F.). Cut in pie-shaped pieces for serving.

RICH CORN CAKE

$\frac{3}{4}$ cup corn meal	3 tablespoons sugar
1 cup flour	1 egg, well beaten
1 teaspoon soda	2 tablespoons melted butter
2 teaspoons cream of tartar	1 cup sour heavy cream
1 teaspoon salt	$\frac{1}{4}$ cup milk

Mix and sift dry ingredients. Add milk, cream, egg, and butter. Bake 20 minutes in hot oven (425° F.).

CORN CRISPS

$\frac{7}{8}$ cup water ground white corn meal	2 $\frac{1}{2}$ tablespoons melted butter
1 cup boiling water	$\frac{1}{2}$ teaspoon salt

Add corn meal gradually to boiling water and when smooth add butter and salt. Spread $\frac{1}{8}$ inch thick on buttered inverted dripping pan or drop from spoon on buttered cooky sheet. Spread thin with spatula dipped in cold water. For variation, sprinkle generously with celery seed. Bake in moderate oven (350° F.) until browned. Makes 60 to 72 crisps.

Rolled Corn Crisps. Remove from oven just before browning. Roll over with spatula to form cones. Return to oven and bake until delicately brown. If desired, fill to use in place of canapés.

CORN-MEAL GEMS

$\frac{1}{2}$ cup corn meal	$\frac{1}{2}$ teaspoon salt
1 cup flour	1 tablespoon melted butter
3 teaspoons baking powder	$\frac{3}{4}$ cup milk
1 tablespoon sugar	1 egg, well beaten

Mix and bake like Plain Muffins (p. 91). Makes 12 gems.

FOREST HALL CORN STICKS

1 cup corn meal	$\frac{1}{2}$ cup hot, boiled hominy
$\frac{3}{4}$ cup flour	$\frac{1}{4}$ cup butter
3 teaspoons baking powder	1 cup milk
$\frac{1}{2}$ teaspoon salt	1 egg, well beaten

Sift together corn meal, flour, baking powder, and salt; then add hominy, mixed with butter, milk, and egg. Turn into buttered breadstick pans and bake 20 minutes in moderate oven (350° F.).

SOUTHERN PONE

2 cups milk	3 tablespoons butter
1 cup corn meal	2 eggs, well beaten
1 teaspoon salt	1 teaspoon baking powder

Scald milk and add gradually meal, salt, and butter. Stir until mixed, cool slightly, and add eggs and baking powder. Turn into buttered baking dish and bake 35 minutes in moderate oven (350° F.) or 20 minutes in hot oven (425° F.). Serve from baking dish.

With Buttermilk. Use buttermilk instead of sweet milk. Add $\frac{1}{2}$ teaspoon soda.

Susie's Corn Cake. Use sour milk instead of sweet milk. Use soda in place of baking powder. By adding $\frac{1}{4}$ cup corn meal, this mixture is stiff enough to cut in pieces for serving.

SOUTHERN SPOON CORN BREAD

2 cups white corn meal	2 egg yolks, slightly beaten
2½ cups boiling water	1½ cups buttermilk
1½ tablespoons melted butter	1 teaspoon soda
1½ teaspoons salt	2 egg whites

Add corn meal gradually to boiling water and let stand until cool. Then add butter, salt, egg yolks, and buttermilk mixed with soda. Beat 2 minutes and add egg whites beaten until stiff. Turn into buttered pudding dish. Bake 40 minutes in hot oven (425° F.).

WHITE CORN CAKE

$\frac{1}{4}$ cup butter	1¼ cups white corn meal
$\frac{1}{2}$ cup sugar	1¼ cups flour
1½ cups milk	4 teaspoons baking powder
3 egg whites	1 teaspoon salt

Cream the butter; add sugar gradually; add milk, alternating with dry ingredients, mixed and sifted. Beat thoroughly; add egg whites beaten stiff. Bake in buttered cake pan 30 minutes in hot oven (425° F.).

WHITE CORN-MEAL CAKE

1 cup scalded milk	$\frac{1}{2}$ cup white corn meal
1 teaspoon salt	

Add salt to corn meal and pour on milk gradually. Spread $\frac{1}{4}$ inch deep in buttered shallow pan. Bake in moderate oven (350° F.) until crisp. Split and spread with butter.

QUICK BRAN BREAD

2 cups flour	2 cups bran
3 teaspoons baking powder	1 tablespoon shortening
1 tablespoon sugar	1 egg yolk
$\frac{1}{2}$ teaspoon salt	1 cup milk
$\frac{1}{2}$ cup seedless raisins	

Sift flour, baking powder, sugar, and salt. Add bran and rub in shortening with finger tips. Beat egg yolk, add milk, and stir into first mixture. Add raisins. Bake 1 hour in moderate oven (375° F.).

QUICK GRAHAM BREAD

2 cups entire wheat flour	1 teaspoon salt
$\frac{1}{2}$ cup white flour	4 tablespoons melted shortening
$\frac{1}{2}$ cup molasses	1 $\frac{1}{2}$ cups sour milk
1 tablespoon baking powder	1 teaspoon soda
$\frac{1}{2}$ cup nut meats	

Mix and sift flour, baking powder, soda, and salt; then add shortening, sour milk, molasses, and nut meats broken in pieces. Bake 50 to 60 minutes in moderate oven (375° F.).

IRISH BREAD

Follow recipe for Baking-powder Biscuits (p. 90), adding 1 tablespoon shortening, 1 tablespoon sugar, $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup currants, and 1 tablespoon caraway seeds. Bake in buttered heavy frying pan 30 minutes in moderate oven (350° F.). Increase heat last 5 minutes of baking. Serve in pie-shaped pieces.

QUICK COFFEE CAKE

1 cup sugar	$\frac{1}{4}$ cup butter
1 $\frac{3}{4}$ cups flour	1 egg, slightly beaten
2 teaspoons baking powder	$\frac{1}{2}$ cup milk

Mix and sift dry ingredients. Work in butter. Add egg and milk. Pat into buttered pan. Mix 1 $\frac{1}{2}$ teaspoons cinnamon and 3 teaspoons granulated sugar and sprinkle over top. Bake in moderately hot oven (375° F.) about 20 minutes. Cut in squares or oblongs.

DATE AND NUT BREAD

1 cup dates, cut fine	1 egg, well beaten
$\frac{1}{2}$ cup sugar	1 teaspoon soda
$\frac{1}{4}$ cup butter, melted in	$1\frac{3}{4}$ cups flour
$\frac{3}{4}$ cup boiling water	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup chopped nuts	

Mix dates, sugar, butter, and water. Let cool. Add other ingredients. Bake 40 to 50 minutes in moderate oven (350° F.).

LUNCHEON CARAWAY BREAD

$\frac{1}{4}$ cup butter	1 tablespoon baking powder
$\frac{3}{4}$ cup sugar	$\frac{3}{4}$ cup milk
1 egg, well beaten	1 tablespoon caraway seeds
$1\frac{2}{3}$ cups flour	$\frac{3}{4}$ teaspoon vanilla
	$\frac{1}{4}$ teaspoon salt

Cream butter, add sugar gradually and egg. Mix and sift flour and baking powder, and add alternately with milk to first mixture; then add caraway seeds, vanilla, and salt. Turn into a buttered and floured cake pan, sprinkle with sugar, and bake 35 minutes in moderately hot oven (375° F.). Cut in squares, and serve hot.

HONEY BREAD

2 cups flour	$\frac{1}{2}$ teaspoon cinnamon
1 teaspoon baking powder	1 teaspoon ginger
1 teaspoon soda	$\frac{1}{2}$ cup strained honey
1 teaspoon salt	1 egg, slightly beaten
	1 cup milk

Mix and sift dry ingredients. Add others. Beat thoroughly. Bake in loaf or bread stick pans in moderate oven (350° F.). One loaf.

PRUNE BREAD

1 cup sugar	1 cup sour milk
2 tablespoons melted butter	1 teaspoon soda
1 egg, well beaten	1 cup fine entire wheat flour
1 cup cooked prunes, cut in pieces	2 cups flour
$\frac{1}{2}$ cup prune juice	$\frac{1}{4}$ teaspoon baking powder
	$\frac{1}{2}$ teaspoon salt

Mix sugar, butter, egg, prunes, and prune juice. Stir soda into sour milk and add. Mix and sift other ingredients and add. Beat thoroughly. Bake 60 to 70 minutes in moderate oven (350° F.).

QUICK NUT BREAD

2 cups bread flour	1 teaspoon salt
$\frac{1}{2}$ cup sugar	1 egg yolk
2 teaspoons baking powder	1 cup milk
$\frac{1}{2}$ cup English walnut meats or pecans	

Mix and sift flour, sugar, baking powder, and salt. Add egg yolk, milk, and walnut meats broken in pieces. Beat thoroughly and turn into buttered bread pan. Let stand 20 minutes. Bake in moderate oven (350° F.) about 45 minutes. If desired, use half graham flour and half pastry flour. Makes 1 loaf.

Candied Orange Peel Bread. Use chopped candied orange peel in place of nuts.

QUICK PECAN NUT BREAD

2 cups unsifted coarse whole wheat flour	3 teaspoons baking powder
1 cup pastry flour	2 cups buttermilk
$\frac{3}{4}$ cup brown sugar	$1\frac{1}{8}$ teaspoons soda
1 teaspoon salt	1 cup pecan nut meats, finely cut

Mix whole wheat flour, pastry flour, sugar, salt, and baking powder. Add remaining ingredients. Turn into buttered bread pan, cover, and let stand 20 minutes. Bake in moderately slow oven (325° F.). Makes 2 small loaves.

WINCHESTER NUT BREAD

$\frac{3}{4}$ cup cold water	$1\frac{1}{3}$ teaspoons salt
$\frac{1}{2}$ cup brown sugar	$2\frac{1}{2}$ teaspoons baking powder
$\frac{1}{2}$ cup molasses	$\frac{3}{4}$ teaspoon soda
$\frac{3}{4}$ cup milk	2 cups fine entire wheat flour
1 cup bread flour	$\frac{3}{4}$ cup walnut meats, in large pieces

Dissolve sugar in water. Add molasses and milk. Sift flour, salt, baking powder, and soda and add entire wheat flour unsifted. Combine mixtures. Add nuts. Bake 2 hours in slow oven (275° F.).

ORANGE PEEL BREAD

1 cup orange peel	1 egg
Water	2 cups milk
$1\frac{3}{4}$ cups sugar	4 cups flour
1 tablespoon butter	4 teaspoons baking powder
	$\frac{1}{8}$ teaspoon salt

Cut orange peel in small pieces, cover with water, cook until tender. Add 1 cup sugar, boil to sirup. Cream butter, add

remaining sugar, egg, milk, and flour, mixed with baking powder and salt. Beat well, add orange peel, put in 2 buttered bread pans. Let stand 20 minutes. Bake 40 to 50 minutes in moderately slow oven (325° F.). Two loaves.

PEANUT BUTTER BREAD

2 cups bread flour	1 teaspoon salt
$\frac{1}{3}$ cup sugar	$\frac{3}{4}$ cup peanut butter
2 teaspoons baking powder	1 egg, well beaten
1 cup milk (scant)	

Sift together flour, sugar, baking powder, and salt. Work into this, with fork, peanut butter and egg. Add milk. Put into buttered pan and bake 50 to 60 minutes in moderate oven (350° F.).

STEAMED BREADS

BOSTON BROWN BREAD

1 cup rye meal <i>or</i> white flour	1 teaspoon salt
1 cup corn meal	$\frac{3}{4}$ cup molasses
1 cup coarse entire wheat flour	2 cups sour milk
$\frac{3}{4}$ tablespoon soda	<i>or</i> $1\frac{1}{4}$ cup sweet milk
	<i>or</i> water

Mix and sift dry ingredients, add molasses and milk, stir until well mixed, and fill well-greased mold not more than $\frac{2}{3}$ full. Cover closely and place mold on trivet in kettle containing boiling water, allowing water to come halfway up around mold. Cover closely and steam $3\frac{1}{2}$ hours, keeping water at boiling point. Add more boiling water as needed. In steamed pudding molds, steam $1\frac{1}{2}$ to 2 hours. Take from water, remove cover, and set in slow oven (300° F.) 15 minutes to dry off. Remove from mold. Cut with string while hot, by drawing string around bread, crossing, and pulling ends. Makes 2 loaves.

With Orange Peel. Add $\frac{1}{4}$ cup finely cut candied orange peel.

With Raisins. Add 1 cup seedless raisins.

Boston Brown Bread may be steamed in a double boiler. Grease top part and fill half full of batter. Set over lower part in which is enough boiling water to cover its base $\frac{1}{2}$ inch. Cover closely and steam 3 hours over low heat, keeping water at boiling point.

NEW ENGLAND BROWN BREAD

1 cup stale bread	1 cup rye meal <i>or</i> white flour
2 cups cold water	1 cup corn meal
$\frac{1}{2}$ cup molasses	1 cup coarse entire wheat flour
1 teaspoon salt	2 teaspoons soda

Soak bread in $1\frac{1}{2}$ cups of the water overnight. Rub through colander, add molasses, dry ingredients, mixed and sifted, and remaining water. Steam like Boston Brown Bread. Two loaves.

INDIAN BREAD

$1\frac{1}{2}$ cups entire wheat flour	1 teaspoon salt
1 cup corn meal	$\frac{1}{2}$ cup molasses
$\frac{1}{2}$ tablespoon soda	$1\frac{2}{3}$ cups milk

Mix and steam like Boston Brown Bread. One loaf.

STEAMED GRAHAM BREAD

3 cups entire wheat flour	1 teaspoon salt
1 cup flour	1 cup molasses (scant)
$3\frac{1}{2}$ teaspoons soda	$2\frac{1}{2}$ cups sour milk

Mix and steam like Boston Brown Bread. Two loaves.

CHAPTER 9

GRIDDLECAKES AND WAFFLES

TO COOK GRIDDLECAKES AND PANCAKES

Heat griddle or frying pan. Grease, or rub over with cut turnip. Drop mixture from tip of spoon on griddle. Cook on one side. When puffed, full of bubbles, and cooked on edges, turn and cook other side.

Serve with butter, maple sirup, Mock Maple Sirup (p. 611), or honey.

SOUR MILK GRIDDLECAKES

2½ cups flour	2 cups sour milk
½ teaspoon salt	1¼ teaspoons soda
1 egg, well beaten	

Mix and sift flour, salt, and soda; add sour milk and egg. For a richer mixture, add 2 tablespoons shortening and 1 tablespoon sugar. Cook (see above). Makes 18 to 20 griddlecakes.

Blueberry Pancakes. Mix milk, soda, and egg. Add ½ cup sugar and ½ cup blueberries, fresh or canned (drained). Add flour to make good batter. Beat well.

SWEET MILK GRIDDLECAKES

1½ cups pastry flour	¾ teaspoon salt
3½ teaspoons baking powder	1 egg, beaten until light
3 tablespoons sugar	¾ cup milk
3 tablespoons melted butter	

Add milk and butter to egg. Add dry ingredients mixed together and stir vigorously until dry ingredients are just dampened. Cook (see above). Makes 9 to 12 griddlecakes.

BUTTERMILK GRIDDLECAKES

1 cup buttermilk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup sweet milk	1 tablespoon melted butter
1 egg, well beaten	2 tablespoons corn meal
1 teaspoon soda	2 cups flour

Mix ingredients in order given. Cook (p. 104). Makes 12 to 15.

ENTIRE WHEAT GRIDDLECAKES

$\frac{1}{2}$ cup entire wheat flour	3 tablespoons sugar
1 cup flour	1 egg, well beaten
3 teaspoons baking powder	1 cup milk
$\frac{1}{2}$ teaspoon salt	1 tablespoon melted butter

Mix in order given. Stir vigorously until dry ingredients are just dampened. Cook (p. 104). Makes 9 to 12 griddlecakes.

CORN GRIDDLECAKES

2 cups flour	$\frac{1}{3}$ cup sugar
$\frac{1}{2}$ cup corn meal	$1\frac{1}{2}$ cups boiling water
$1\frac{1}{2}$ tablespoons baking powder	$1\frac{1}{4}$ cups milk
$1\frac{1}{2}$ teaspoons salt	1 egg or 2 egg yolks well beaten
2 tablespoons melted butter	

Add meal to boiling water and boil 5 minutes; turn into bowl, add milk and remaining dry ingredients, mixed and sifted, then egg and butter. Cook (p. 104). Makes 24 griddlecakes.

RICE GRIDDLECAKES I

$2\frac{1}{2}$ cups flour	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ cup cold cooked rice	$1\frac{1}{2}$ cups milk
1 tablespoon baking powder	1 egg or 2 egg yolks well beaten
$\frac{1}{2}$ teaspoon salt	2 tablespoons melted butter

Mix and sift dry ingredients. Work in rice with pastry mixer or finger tips; add egg, milk, and butter. Cook (p. 104). Makes 24.

RICE GRIDDLECAKES II

1 cup milk	2 egg yolks, beaten until thick
1 cup warm boiled rice	2 egg whites, beaten until stiff
$\frac{1}{2}$ teaspoon salt	1 tablespoon melted butter
$\frac{7}{8}$ cup flour	

Pour milk over rice and salt. Add egg yolks, butter, and flour. Fold in egg whites. Cook (p. 104). Makes 15 to 18.

BREAD GRIDDLECAKES

1½ cups fine stale bread crumbs	2 eggs, well beaten ½ cup flour
1½ cups scalded milk	½ teaspoon salt
2 tablespoons butter	4 teaspoons baking powder

Add milk and butter to crumbs and soak until crumbs are soft; add eggs, then flour, salt, and baking powder, mixed and sifted. Cook (p. 104). Makes 18 griddlecakes.

BUCKWHEAT CAKES

⅓ cup fine bread crumbs	1¼ cups buckwheat flour
2 cups scalded milk	1 tablespoon molasses
½ teaspoon salt	¼ tablespoon soda dissolved in
¼ yeast cake dissolved in	¼ cup lukewarm water
½ cup lukewarm water	

Pour milk over crumbs and soak 30 minutes. Add salt, dissolved yeast cake, and buckwheat, to make a batter thin enough to pour. Let rise overnight. In the morning, stir well, add molasses, soda, and water, and cook (p. 104). Makes 20 to 24 cakes.

FRENCH PANCAKES

1 cup flour	½ teaspoon salt
¼ cup powdered sugar	1 cup milk
	2 eggs

Mix dry ingredients, add milk, stir until perfectly smooth. Add eggs, beat thoroughly, and cook one by one in tiny frying pan, very lightly greased. Tilt pan so that pancakes may be very thin and even. Spread with jelly and roll. Makes 18 to 24.

Crêpes Suzette. Add 1 teaspoon brandy and grated rind of ½ lemon to mixture for French Pancakes. Roll and reheat in Crêpe Suzette Sauce: Cream ½ cup butter, beat in ½ cup powdered sugar, and add grated rind and juice of 2 tangerines or 1 orange and ¼ cup Curaçao. Serve as dessert.

Arrange pancakes in a row on small platter, pour over some of the sauce, sprinkle with cognac, and light just before serving.

Crêpes Vert Galant. On each pancake, place 1 tablespoon whipped cream, mixed with finely chopped nuts. Roll, sprinkle with Cointreau, light, and serve as dessert.

WAFFLES

TO COOK WAFFLES

On Electric Waffle Iron. Put one teaspoon water inside, put top down and turn on current. When it stops steaming, iron is at correct temperature for cooking waffles. Electric waffle irons do not require greasing. Put one tablespoon of waffle mixture in each compartment near center of iron. Cover and mixture will spread to fill iron. Leave closed until no more steam escapes. Waffles should be well puffed and delicately brown. Lift from iron with fork.

On a Non-electric Iron. Heat on one side, turn, and heat other side. Grease thoroughly the first time iron is used. Grease each time before filling. Fill as above. If sufficiently heated, iron should be turned almost as soon as filled and covered.



*As a Final Touch, Sprinkle Crêpes Suzette with Cognac
and Set Alight*

To Serve Waffles. Serve for breakfast with maple sirup. For a heartier dish, serve with small sausages, creamed chicken, mushrooms, bacon or Fried Chicken. As a dessert, serve with maple sirup or serve Chocolate or Ginger Waffles with whipped cream.

WAFFLES

1½ cups flour	1 cup milk (about)
3 teaspoons baking powder	2 egg yolks, well beaten
½ teaspoon salt	2 egg whites, beaten stiff
2 teaspoons sugar	3 to 4 tablespoons melted butter

Mix and sift dry ingredients. Add milk gradually, egg yolks, butter, and egg whites. Cook as above. Serve with maple sirup or Mock Maple Sirup (p. 611). Makes 8 to 12 waffles.

Sour Milk Waffles. Use rich sour milk and add ¼ teaspoon soda.

Sour Cream Waffles. Use rich sour cream. Add ¼ teaspoon soda. Omit butter.

SWEET POTATO WAFFLES

1 cup mashed sweet potato	½ cup melted butter
1 cup bread flour	1 cup milk
¼ cup sugar	1 egg

Mix first 5 ingredients in the order given; then add egg yolk, beaten until thick, and egg white, beaten until stiff. Cook (p. 107).

RICE WAFFLES

1¾ cups flour	4 teaspoons baking powder
⅔ cup cold cooked rice	¼ teaspoon salt
1½ cups milk	1 tablespoon melted butter
2 tablespoons sugar	1 egg

Mix and sift dry ingredients. Work in rice with pastry mixer or finger tips. Add milk, egg yolk well beaten, butter, and egg white beaten until stiff. Cook (p. 107).

CORN WAFFLES

½ cup milk	1 teaspoon salt
2 cups corn, freshly grated from cob or canned and drained	¼ teaspoon pepper
1½ cups flour	2 teaspoons baking powder
	1 tablespoon melted butter
	2 eggs, well beaten

Mix and sift dry ingredients. Add corn, milk, butter, and eggs. Cook (p. 107). Serve like Corn Fritters. Makes 6 to 8 waffles.

CORN MEAL WAFFLES

1½ cups boiling water	1¼ tablespoons baking powder
½ cup white corn meal	1½ teaspoons salt
1½ cups milk	2 egg yolks
3 cups flour	2 egg whites
3 tablespoons sugar	2 tablespoons melted butter

Cook meal in boiling water 20 minutes; add milk, dry ingredients mixed and sifted, egg yolks well beaten, butter, and egg whites beaten until stiff. Cook (p. 107). Makes 12 to 15 waffles.

RAISED WAFFLES

1¾ cups scalded milk	2 egg yolks
1 teaspoon salt	2 egg whites
1 tablespoon butter	¼ yeast cake dissolved in
2 cups flour	¼ cup lukewarm water

Add salt and butter to milk. When lukewarm, add dissolved yeast cake and flour. Beat well. Let rise overnight. Add egg yolks well beaten and egg whites beaten until stiff. Cook (p. 107). By using a whole yeast cake, the mixture will rise in 1½ hours. Makes 9 to 12 waffles.

CHOCOLATE WAFFLES

1¾ cups flour	2 eggs, well beaten
3 teaspoons baking powder	1 cup milk
½ teaspoon salt	2 tablespoons melted butter
6 tablespoons sugar	2 squares chocolate, melted

Mix and sift dry ingredients, add milk, eggs, butter, and chocolate. Cook (p. 107). Serve with whipped cream or vanilla ice cream. Makes 6 to 8 waffles.

GINGER WAFFLES

½ cup butter	1 cup sugar
½ cup sour milk	2 eggs
1 tablespoon ginger	1 teaspoon soda
2½ cups sifted flour	1 teaspoon cinnamon
juice and grated rind of one orange	

Cream butter and sugar. Add beaten eggs. Sift flour, cinnamon, and ginger together and add alternately with sour milk to which soda has been added. Add orange. Cook (p. 107). Makes 9 to 12.

CHAPTER 10

DOUGHNUTS

To Shape and Fry Doughnuts. Put $\frac{1}{3}$ of mixture on floured board, knead slightly, pat, and roll out $\frac{1}{4}$ inch thick. Shape with doughnut cutter, fry in deep fat, take up on skewer, and drain on brown paper. Add trimmings to $\frac{1}{2}$ remaining mixture, roll, shape, and fry as before; repeat. Doughnuts should come quickly to top of fat, brown on one side, then be turned to brown on other. Avoid turning more than once (except Sour Milk Doughnuts). The fat must be kept at a uniform temperature (370° F.). If too cold, doughnuts will absorb fat. If too hot, doughnuts will brown before sufficiently risen. See rule for testing fat (p. 26).

To Sugar. Cool doughnuts and roll in powdered sugar or put sugar in paper bag, add doughnuts, 2 or 3 at a time, and shake until well coated.

DOUGHNUTS WITH SWEET MILK

1 cup sugar	4 teaspoons baking powder
$2\frac{1}{2}$ tablespoons butter	$\frac{1}{4}$ teaspoon cinnamon
3 eggs, beaten until light	$\frac{1}{4}$ teaspoon grated nutmeg
1 cup milk	$1\frac{1}{2}$ teaspoons salt
Flour ($3\frac{1}{2}$ to 4 cups)	

Cream butter and add half the sugar. Add remaining sugar to eggs and combine mixtures. Add milk and $3\frac{1}{2}$ cups flour, mixed and sifted with baking powder, salt, and spices; then enough more flour to make dough stiff enough to roll. Shape and fry (see above).

CREAM DOUGHNUTS

1 egg, slightly beaten	$\frac{1}{2}$ teaspoon lemon extract
1 egg yolk, slightly beaten	2 cups bread flour
$\frac{1}{2}$ cup sugar	1 teaspoon salt
2 tablespoons heavy cream	3 teaspoons baking powder
$\frac{3}{8}$ cup milk	$\frac{1}{4}$ teaspoon nutmeg

Add sugar slowly to eggs, add cream, milk, and extract. Sift flour, salt, baking powder, and nutmeg 4 times, and add to first mixture. Shape and fry (p. 110). Makes 18 to 20 doughnuts.

SOUR MILK DOUGHNUTS I

1 egg, well beaten	4 cups flour
1 cup sugar	1½ teaspoons soda
1 cup sour milk	2 teaspoons cream of tartar
1½ tablespoons melted lard	1½ teaspoons salt
1 teaspoon grated nutmeg	

Add sugar, milk, and lard to egg. Mix and sift flour with remaining ingredients and add to first mixture. Shape and fry (p. 110). Turn doughnuts as soon as they come to top of fat and frequently afterwards. Makes 30 to 36 doughnuts.

SOUR MILK DOUGHNUTS II

1 cup sugar	1 teaspoon soda
2 eggs, well beaten	1 teaspoon salt
⅔ cup sour milk	1 teaspoon baking powder
2 tablespoons melted butter	½ teaspoon grated nutmeg
Flour	

Mix ingredients in order given. Shape and fry (p. 110).

DOUGHNUTS WITHOUT SHORTENING

4 cups flour	1 teaspoon salt
1 cup sugar	½ nutmeg, grated
2 teaspoons cream of tartar	2 eggs, well beaten
1 teaspoon soda	Milk (about ¾ cup)

Mix and sift dry ingredients, add eggs and milk. Shape and fry (p. 110). Remove from fat with a two-tined fork and pass quickly through water kept at the boiling point. Wipe fork each time before putting into fat. Makes 30 to 36 doughnuts.

FRIED BREAD

Roll bread dough (p. 70) ⅛ inch thick. Cut in strips 2½ inches wide and cut strips in squares or in diamond-shaped pieces. Cover and let stand 10 to 15 minutes. Fry (p. 110). Serve with maple sirup or Mock Maple Sirup (p. 611).

RAISED DOUGHNUTS

1 cup scalded milk	$\frac{1}{3}$ cup butter and lard mixed
$\frac{1}{4}$ yeast cake dissolved in	1 cup light brown sugar
$\frac{1}{4}$ cup lukewarm water	2 eggs, well beaten
1 teaspoon salt	$\frac{1}{2}$ grated nutmeg
	2 cups flour

Cool milk to lukewarm, add yeast cake in water, salt, and flour enough to make stiff batter. Let rise overnight. Add melted shortening, sugar, eggs, nutmeg, and flour. Let rise again. If too soft to handle, add more flour. Turn on floured board, pat, and roll $\frac{3}{4}$ inch thick. Cut out with biscuit cutter and work between hands until round. Place on floured board, let rise 1 hour, turn, and let rise again. Fry (p. 110).

CRULLERS I (WITH YEAST)

5 tablespoons sugar	2 tablespoons lard
1 teaspoon salt	$\frac{1}{2}$ yeast cake <i>dissolved in</i>
1 cup scalded milk	2 tablespoons lukewarm water
	3 cups flour

Add sugar, salt, and lard to scalded milk. When lukewarm, add dissolved yeast cake and 1 cup flour. Cover, let rise until light, and add 2 cups flour. Turn on slightly floured board and knead. Cover, again let rise, and knead; repeat. Pat and roll $\frac{1}{2}$ inch thick. Cut in strips 8 inches long and $\frac{3}{4}$ inch wide. Put on board, cover, and let rise. Twist several times and pinch ends together. Fry (p. 110). Makes 24 to 30 crullers.

CRULLERS II

$\frac{1}{4}$ cup butter	$\frac{1}{4}$ teaspoon grated nutmeg
1 cup sugar	$3\frac{1}{2}$ teaspoons baking powder
2 eggs	1 cup milk
4 cups flour	Powdered sugar and cinnamon

Cream butter, add sugar gradually, egg yolks well beaten, and egg whites beaten until stiff. Mix flour, nutmeg, and baking powder; add alternately with milk to first mixture. Shape and fry like Crullers I. Makes 30 to 36 crullers.

CHOCOLATE DOUGHNUTS

$\frac{1}{4}$ cup butter	4 cups flour
$1\frac{1}{4}$ cups sugar	1 teaspoon soda
2 eggs, well beaten	1 teaspoon cinnamon
$1\frac{1}{2}$ squares melted chocolate	$\frac{1}{4}$ teaspoon salt
1 cup sour milk	$1\frac{1}{2}$ teaspoons vanilla

Cream butter and add sugar gradually, while beating constantly; then add eggs, melted chocolate, sour milk, and flour, mixed and sifted with soda, cinnamon, and salt. Add vanilla and enough more flour to handle mixture. Shape and fry (p. 110). Makes 30-36.

AFTERNOON-TEA DOUGHNUTS

1 egg, well beaten	3 tablespoons milk
2 tablespoons sugar	1 tablespoon melted shortening
$\frac{1}{2}$ teaspoon salt	1 cup flour
	2 teaspoons baking powder

Add sugar, salt, and shortening to egg. Mix and sift flour and baking powder and add to first mixture. Force through pastry bag and tube (using small lady-finger tube) into deep fat and fry (p. 110). Serve with Julienne-shaped pieces of cheese. Makes 18 to 20.

FRIED DROP CAKES

$1\frac{1}{3}$ cups flour	$\frac{1}{3}$ cup sugar
$2\frac{1}{2}$ teaspoons baking powder	$\frac{1}{2}$ cup milk
$\frac{1}{4}$ teaspoon salt	1 egg, well beaten
	1 teaspoon melted butter

Beat egg until light; add milk, dry ingredients, mixed and sifted, and melted butter. Drop by spoonfuls in hot deep fat (370° F.); fry until light brown and cooked through, which must at first be determined with a skewer or by breaking apart. Remove with skimmer and drain on brown paper. Makes 12 to 15 cakes.

RYE DROP CAKES

$\frac{2}{3}$ cup rye meal	$\frac{1}{2}$ teaspoon salt
$2\frac{2}{3}$ cup flour	2 tablespoons molasses
$2\frac{1}{2}$ teaspoons baking powder	$\frac{1}{2}$ cup milk
	1 egg, well beaten

Mix and sift dry ingredients; add milk gradually, then molasses and egg. Cook like Fried Drop Cakes. Makes 24 to 30 cakes.

FRENCH CRULLERS

Shape Choux Paste (p. 711) mixture in circles on paper or on a greased broad spatula, using a pastry bag and rose tube. Fry in deep fat, drain on brown paper, and sprinkle with powdered sugar.

CHAPTER 11

CANAPÉS, HORS D'ŒUVRES AND COCKTAILS

COCKTAIL SAUSAGES

Pan fry or broil individual sausages and put each on a toothpick. Arrange symmetrically on serving dish or stick in bright red apple or smooth yellow grapefruit.

COCKTAIL GRAPES

Slit Malaga or Tokay grapes and remove seeds. Fill with cream cheese blended with Roquefort and highly seasoned with onion juice, salt, and Worcestershire. Smooth along cut. Chill.

STUFFED CELERY

Wash and dry pieces of celery from the heart. Leave on a bit of foliage. Fill grooves with (1) caviare sprinkled with few drops of onion juice, (2) cream cheese, highly seasoned with French dressing, tomato catsup, Worcestershire Sauce, etc., (3) cream cheese blended with Roquefort, (4) any prepared cheese spread, or (5) chopped raw mushrooms seasoned with Worcestershire Sauce and garlic.

CAULIFLOWER FLOWERETS WITH MAYONNAISE

Separate raw cauliflower into flowerets. Cut off imperfections. Chill thoroughly in salted ice water, drain, and serve around bowl of Mayonnaise. Serve on toothpicks, if desired.

ARTICHOKE HEARTS, MAYONNAISE

Drain and dry canned artichoke hearts. Serve on toothpicks around bowl of Mayonnaise.

SHRIMPS, MAYONNAISE

Use canned shrimps or boiled fresh shrimps. Remove black lines (intestinal vein). Chill thoroughly. Serve on toothpicks around bowl of Mayonnaise.

COCKTAIL FISH BALLS

Make Fish Balls (p. 238) the size of large marbles. Drain thoroughly. Serve very hot on toothpicks.



*Cocktail Grapes, Shrimp Mayonnaise in Tiny Cream Puff Shells
and Caviare in Timbale Cases*

COCKTAIL CROQUETTES

Make Chicken (p. 398) or Lobster (p. 401) Croquettes the size of marbles. Drain thoroughly. Serve very hot on toothpicks.

**OLIVES, PICKLED ONIONS, OR OYSTERS
IN BACON**

Wrap in half slices of bacon. Fasten with toothpick. Grill in broiler or bake in hot oven. Replace burnt toothpick with fresh one or croquette stabs.

COCKTAIL POTATO CHIPS

Pass potato chips with (1) pâté de foie gras in its jar or (2) devilled Virginia ham spread or (3) a bowl of cream cheese highly seasoned with catsup, etc. and beaten with enough heavy cream to be easily served with a spoon or (4) cream cheese softened with Mayonnaise and mixed with chopped chives (about 2 table-spoons to a small cheese).

CAVIARE RISOLETTES

Roll Puff Paste (p. 618) $\frac{1}{4}$ inch thick and shape with a small round cutter, first dipped in flour. Wet edges of half the pieces and place in center of each 1 teaspoon Russian caviare seasoned with lemon juice. Cover with remaining pieces and press together. Bake in very hot oven or fry in deep fat and drain on brown paper.

COCKTAIL PUFFS

Fill tiny cream puff or éclair shells with shrimp mixed with Mayonnaise or chopped Chicken, Lobster, Shrimp, or Crab-Meat Salad.

CHEESE PUFFS

Fill tiny cream puff or éclair shells with cream cheese blended with Roquefort and beaten with a little heavy cream.

CHEESE CREAM PUFFS

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup grated cheese
$\frac{1}{2}$ cup boiling water	$\frac{1}{4}$ teaspoon salt
$\frac{1}{3}$ cup flour	2 eggs

Heat butter and water until butter melts. Add flour all at once, stir until smooth. Remove from fire, add cheese and salt. Beat well. Beat in eggs, one at a time. Drop from tip of a teaspoon on a buttered cooky sheet. Bake 30 to 40 minutes in moderate oven (350° F.). Cool. Split and fill with whipped cream seasoned with Roquefort crumbs and a few drops of onion juice. Makes 18 to 20 puffs.

CANAPÉS

To Prepare. Cut stale bread $\frac{1}{4}$ inch thick. Remove crusts and cut in desired shapes — rounds, triangles, oblongs, crescents, etc. Toast or sauté on one side and spread either side with prepared mixture. Any canapé mixture may be spread on thin plain wafers or Corn Crisps (p. 97).

To Garnish. Arrange borders and lines of chopped, hard-cooked egg white, crumbled hard-cooked egg yolk, chopped olives



*Sherry before Dinner with Almond and Cream Cheese Canapés,
Cauliflower Mayonnaise and Cocktail Sausages*

or parsley, or creamed butter forced through pastry bag and tube. Decorate with bits of truffle, or red or green pimienta, slices of stuffed olive or dots of creamed butter, or strips of pimienta or anchovy. A canapé may be masked with Mayonnaise before being decorated. For holiday parties, use heart or star or sham-rock cutter.

If canapés are to be eaten with the fingers, do not garnish with decorations which may fall off.

CANAPÉ SPREADS

Anchovy Butter. Season creamed butter with anchovy paste and French dressing or a few drops of onion juice and lemon juice.

Chutney Butter. Season creamed butter with chutney.

Cream Cheese. Season highly with salad dressing. Spread on canapés. Sprinkle with finely chopped, stuffed olives, coarsely cut blanched almonds, or coarsely grated fresh coconut.

Horse-radish Butter. Add grated horse-radish to creamed butter.

Lobster Butter. Pound $\frac{1}{2}$ cup butter in mortar with lobster coral.

Parsley Butter. Add finely cut parsley to creamed butter.

Sardine Butter. Season creamed butter with sardine paste, lemon juice, and onion juice.

Watercress Butter. Add finely chopped watercress to creamed butter.

Caviare, red or black. Squeeze a few drops of onion juice on caviare.

Chopped Hard-cooked Eggs. Chop whites and put yolks through sieve. Sprinkle on any savory butter.

Lobster Spread. Chop lobster meat fine. Add an equal quantity of yolks of hard-cooked eggs forced through a sieve. Moisten with melted butter and heavy cream, using equal parts. Season with salt, cayenne, mustard, and beef extract.

Mushroom Spread. Chop mushrooms fine, sauté 5 minutes in butter, sprinkle with flour, add heavy cream to make thick paste. Season. This is especially delicious made into toasted Rolled Sandwiches I (p. 718).

Pâté de Foie Gras.

Mock Pâté de Foie Gras. Liver sausage or cooked chicken livers, mashed and seasoned with salt, pepper, and lemon juice.

Smoked Salmon or Smoked Herring on Anchovy Butter or plain butter.

Sardine on Peanut Butter.

Tomato, sliced, with small piece of cheese on top. Broil until cheese melts.

BACON CANAPÉS

1. Mix chopped ripe olives and almonds with minced raw bacon. Spread on rounds or squares of bread. 2. Spread rounds or squares with peanut butter or tomato catsup. Put three very thin bits of bacon on each. To vary, place a thin slice of cheese under bacon if tomato is used. Arrange on cooky sheet. Bake in hot oven until bacon is crisp.

HOT CRAB-MEAT CANAPÉS

Spread rounds of toast with creamed butter mixed with an equal quantity of grated cheese and seasoned with salt and pepper. Cover with creamed crab meat or lobster, bake in hot oven until brown, and garnish with thin strips of red pepper.

PARMESAN CHEESE CANAPÉS

1 cup grated Parmesan cheese
 $\frac{2}{3}$ cup heavy cream

Salt and pepper
 Parsley sprigs

Mix cheese and cream and season. Make canapés (p. 118), using cheese mixture. Bake 6 minutes. Serve hot.

CANAPÉS AS A FIRST COURSE**CAVIARE CANAPÉ**

Cut bread $\frac{1}{4}$ inch thick in diamond-shaped pieces. Toast on one side. Dip edges in melted butter, then in finely chopped parsley. Divide top in 4 sections. Put caviare in opposite sections, chopped hard-cooked egg whites in others. Cover egg white with Mayonnaise and garnish with stuffed olive or pearl onion.

DEXTER CANAPÉS

Anchovy Butter
 Tomato, in $\frac{1}{8}$ -inch slices
 Mayonnaise

Hard-cooked eggs
 Green pepper
 Olives

Parsley

Spread round pieces of toast with Anchovy Butter (p. 119). Cover each with a tomato slice; spread with Mayonnaise. Sprinkle with egg yolk, forced through strainer, and finely chopped white. Garnish with ring of green pepper, piece of olive, and parsley.

HOT CLAM CANAPÉS

3 dozen clams in shell	3 tablespoons tomato catsup
$\frac{1}{4}$ cup water	1 tablespoon lemon juice
6 mushroom caps	9 drops Tabasco Sauce
$2\frac{1}{2}$ tablespoons flour	$\frac{1}{2}$ teaspoon horse-radish
$2\frac{1}{2}$ tablespoons butter	1 teaspoon vinegar
$\frac{1}{3}$ cup clam liquor	1 teaspoon salt

Wash clams, changing water several times. Pour over water, cover, and steam until shells are partially opened. Remove clams from shells, reserving soft portions, and strain liquor through a double thickness of cheesecloth. Brush, peel, and chop mushroom caps. Cook with butter 1 minute, add flour, and then pour on clam liquor. Bring to boiling point and add catsup, lemon juice, Tabasco Sauce, horse-radish mixed with vinegar, salt, and soft part of clams. Reheat and serve on oval-shaped pieces of toast.

HOT LOBSTER OR CRAB CANAPÉS

1 egg yolk	Few grains cayenne
$1\frac{1}{2}$ tablespoons cream	$\frac{1}{4}$ pound cheese, cut in small pieces
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup finely chopped crab meat or lobster
$\frac{1}{8}$ teaspoon paprika	
$\frac{1}{4}$ teaspoon Worcestershire Sauce	
$\frac{1}{4}$ cup thick sauce (Thick White Sauce, p. 192, or Velouté Sauce, p. 194)	

Beat egg yolk, add seasonings, and cheese. Cook until smooth, stirring constantly. Make canapés (p. 118), using mixture. Mix lobster or crab and sauce. Spread over cheese layer. Garnish. Serve hot.

FINNAN HADDIE CANAPÉS

1 cup finnan haddie, soaked and flaked	2 tablespoons flour
$\frac{1}{2}$ tablespoon finely chopped onion	$\frac{3}{8}$ cup thin cream
2 chopped mushroom caps	2 tablespoons grated cheese
3 tablespoons butter	2 egg yolks, slightly beaten
	Salt and cayenne
	Grated cheese
	Buttered bread crumbs

Fry onion and mushrooms in butter 5 minutes. Add flour and, gradually, cream. Bring to boiling point, add cheese, egg yolks, and finnan haddie. Season. Pile on circular pieces of toast. Sprinkle with cheese and crumbs and bake until brown.

CANAPÉS LORENZO

Season finely chopped crab meat or lobster with salt, cayenne, and lemon juice, moisten with Thick White Sauce (p. 192). Prepare canapés (p. 118) with this mixture. Cream 2 tablespoons butter, add 1 teaspoon egg white; spread over crab mixture. Sprinkle with grated cheese, brown in oven. Garnish with parsley.

COCKTAILS AND COCKTAIL SAUCES

Fruit cocktails and fruit cups are listed in the fruit chapter (p. 50) since they are used in various places on the menu. Grapefruit and melons (preparation, p. 51) are also served as a first course. Many fruit juices may be combined and chilled to serve as a cocktail. Season to taste with lemon juice and sugar, honey or Sugar Sirup (p. 44).

THREE-FRUIT COCKTAIL

5 tablespoons grapefruit juice	Few grains salt
2 tablespoons orange juice	$\frac{1}{2}$ cup charged water
1 tablespoon lemon juice	4 sprigs mint
3 level tablespoons Sugar Sirup (p. 44)	Crushed ice

Mix ingredients thoroughly in a cocktail shaker. Put crushed ice in 4 cocktail glasses, pour in mixture, and serve at once. Garnish each glass with a sprig of mint.

CRANBERRY JUICE COCKTAIL

2 cups cranberries	$\frac{1}{4}$ cup sugar
2 cups water	2 tablespoons lemon or orange juice

Cook the cranberries in water until the skins burst. Put through sieve lined with wet cheesecloth. Add sugar and stir over low heat until the sugar is dissolved. Add lemon or orange juice. Serve ice cold in small glasses.

GRAPE JUICE COCKTAIL

2 tablespoons Sugar Sirup (p. 44)	$\frac{1}{3}$ cup white grape juice
$\frac{1}{4}$ cup orange juice	$\frac{1}{3}$ cup charged water
Crushed ice	

Mix ingredients thoroughly in cocktail shaker. Put crushed ice in 4 cocktail glasses, pour in the mixture, and serve at once.

LIME JUICE COCKTAIL

2 tablespoons lime juice	2 tablespoons Sugar Sirup (p. 44)
2 tablespoons orange juice	$\frac{2}{3}$ cup ginger ale
	Crushed ice

Mix ingredients in cocktail shaker, pour over crushed ice in 4 cocktail glasses, and serve at once.

RHUBARB COCKTAIL

$\frac{1}{2}$ cup rhubarb juice	1 tablespoon lemon juice
$\frac{1}{4}$ cup pineapple sirup	$\frac{1}{4}$ cup Seltzer
1 tablespoon orange juice	Crushed ice

Cook pink rhubarb cut in small pieces with an equal measure of water until rhubarb is soft. Strain, measure, add $\frac{1}{3}$ as much sugar, and boil 2 minutes. To $\frac{1}{2}$ cup of this rhubarb juice add sirup taken from a jar of pineapple, lemon juice, and Seltzer. Mix in cocktail shaker. Put crushed ice in 4 cocktail glasses, pour in mixture, and serve at once.

CLAM JUICE COCKTAIL

1 $\frac{1}{2}$ dozen clams in the shell	1 tablespoon powdered sugar
3 tablespoons water	Few grains celery salt
$\frac{1}{3}$ cup catsup	1 cup clam juice
3 drops Tabasco Sauce	Finely crushed ice
2 tablespoons lemon juice	Celery salt

Wash clams thoroughly, put in saucepan with 3 tablespoons water, cover, cook until shells open. Remove clams from shell to obtain all the liquor; strain through double thickness of cheesecloth. Mix catsup with seasonings, strain through fine strainer, add to clam juice, shake with crushed ice, and put in cocktail glasses, adding a dash of celery salt to each glass.

Quick Clam Juice Cocktail. Use canned clam juice and season as above.

CLAM AND TOMATO COCKTAIL

Mix $\frac{2}{3}$ clam juice and $\frac{1}{3}$ tomato juice. Season to taste with lemon juice, Tabasco Sauce, and celery salt.

SAUERKRAUT JUICE COCKTAIL

Add lemon juice to taste to sauerkraut juice. Serve very cold.

TOMATO JUICE COCKTAIL

2 cups tomato juice	2 slices onion, making 2 teaspoons
2 tablespoons mild vinegar	when grated or minced
4 teaspoons sugar	2 tablespoons lemon juice
Bit of bay leaf	2 bruised celery stalks

Mix ingredients, let stand 15 minutes. Strain through cheesecloth. Chill. Serves 4.

COCKTAIL SAUCES (FOR 6)**I**

1 teaspoon salt	$\frac{1}{2}$ teaspoon dry mustard
$\frac{1}{4}$ teaspoon pepper	2 tablespoons vinegar
1 teaspoon chopped parsley	8 tablespoons tomato catsup
1 teaspoon chives, finely cut	1 teaspoon grated horse-radish
$\frac{1}{2}$ teaspoon olive oil	10 drops Tabasco Sauce
$\frac{1}{2}$ teaspoon chopped shallot	1 $\frac{1}{2}$ teaspoons Worcestershire Sauce

II

$\frac{1}{2}$ cup tomato catsup	10 drops Tabasco Sauce
3 tablespoons vinegar or lemon juice	Salt
2 tablespoons celery, finely chopped	2 teaspoons Worcestershire Sauce

III

$\frac{1}{4}$ cup lemon juice	1 tablespoon finely chopped shallot
3 tablespoons tomato catsup	10 drops Tabasco Sauce
Few gratings horse-radish	Salt to taste

IV

$\frac{1}{2}$ cup tomato catsup	10 drops Tabasco Sauce
$\frac{1}{2}$ cup sherry	$\frac{1}{2}$ teaspoon finely chopped olives
4 tablespoons lemon juice	Salt to taste

OYSTERS OR CHERRYSTONE CLAMS ON THE HALF SHELL

Serve on deep halves of the shells, allowing 6 to each person. Arrange on plates of crushed ice, with $\frac{1}{4}$ of a lemon or small dish of Cocktail Sauce in center of each plate. Pass grated horse-radish, Tabasco Sauce, or Worcestershire Sauce.

OYSTER COCKTAIL

Allow 6 to 8 oysters for each cocktail. Mix with any cocktail sauce. Serve in cocktail glasses, thoroughly chilled. If desired, sprinkle with finely chopped celery and garnish with small pieces of red and green pepper.

OYSTER AND GRAPEFRUIT COCKTAIL

6 small raw oysters	Lemon juice
Tabasco Sauce	Salt
$\frac{1}{2}$ Grapefruit, prepared (p. 51)	

Arrange oysters in grapefruit half and season with Tabasco, lemon juice, and salt.

LOBSTER COCKTAIL

Allow $\frac{1}{4}$ cup cooked lobster meat, cut in pieces, for each cocktail. Mix with any cocktail sauce. Chill thoroughly. Serve in cocktail glasses.

SCALLOP COCKTAIL

Clean scallops, put in saucepan, and cook until they begin to shrivel. Drain and chill. Cut in halves and mix with any cocktail sauce. Or put in small fluted shells, allowing 5 for each shell, arrange 2 shells on each plate of finely crushed ice, and place between shells a small glass containing sauce.

SHRIMP COCKTAIL

Allow $\frac{1}{4}$ to $\frac{1}{3}$ cup canned or cooked shelled shrimps for each person. Remove intestinal vein. Chill. Break in pieces and serve in cocktail glasses with any cocktail sauce or Mayonnaise.

SHRIMP MAYONNAISE

Arrange whole shrimps in circle on plate. Put spoonful of Mayonnaise in center. Pass small cucumber or radish sandwiches made of brown bread.

SARDINE COCKTAIL

1 small box sardines	$\frac{1}{2}$ teaspoon Tabasco Sauce
$\frac{1}{2}$ cup tomato catsup	Juice 1 lemon
2 teaspoons Worcestershire Sauce	Salt

Skin and bone sardines and separate in small pieces. Mix other ingredients, add sardines, chill, and allow for each portion 1 tablespoon on a small crisp lettuce leaf.

FRESH CRAB COCKTAIL

3 tablespoons lemon juice	1 can asparagus tips
3 tablespoons salad oil	$\frac{1}{2}$ pound crab meat
$\frac{3}{4}$ teaspoon salt	Mayonnaise (p. 490)
$\frac{1}{8}$ teaspoon paprika	Paprika

Mix lemon juice, salad oil, salt, and paprika. Drain liquid from asparagus tips. Dip one at a time in dressing and arrange 5 stalks inside each cocktail glass. Mix crab meat with remaining dressing and place on the asparagus, with a slight depression in the center. Make a rose of Mayonnaise in the center of the crab meat and sprinkle with paprika. Serve very cold.

FRESH CRAB-MEAT AND GRAPEFRUIT COCKTAIL

3 grapefruit	$\frac{1}{4}$ cup grapefruit juice
$\frac{1}{2}$ pound fresh crab meat	1 tablespoon Worcestershire Sauce
$\frac{1}{8}$ cup tomato catsup	Few drops Tabasco Sauce
$\frac{1}{2}$ teaspoon salt	

Cut grapefruit in halves crosswise, remove pulp, and drain. Mix crab meat with grapefruit pulp, add seasonings, chill, and serve in cocktail glasses or in grapefruit skins or baskets (p. 58).

CRAB-MEAT AND AVOCADO COCKTAIL

Use half crab meat and half cubed Avocado pear. Mix with Cocktail Sauce I or III (p. 124). Or serve crab meat mixed with cocktail sauce in half Avocado pear.

AVOCADO COCKTAIL

Cut in cubes. Serve in cocktail glasses with any cocktail sauce poured over. Chill thoroughly. A bit of chutney may be added to the sauce.



Plateau Prunier with Lobster Salad and Oysters Casino

PLATEAU PRUNIER

Arrange two or three scallop or deep oyster shells on each plate. Fill each with hors d'œuvres such as shrimp, masked with Mayonnaise, Oysters Casino, oysters with cocktail sauce, lobster meat with Mayonnaise or cocktail sauce, etc. On each plate place a Caviare Canapé and a tiny roll, split, buttered, and filled with smoked salmon cut to fit.

MAÇÉDOINE OF FRUIT (p. 60)**CAVIARE, BLACK OR RED**

Chill thoroughly. Serve in bowl set in bed of crushed ice or in ice block. Pass thin fingers of dry, unbuttered toast, lemon wedges, finely chopped hard-cooked egg white, hard-cooked egg yolk, crumbled and passed through sieve, and finely minced onion.

Or pass lemon wedges and tiny sandwiches of brown bread filled with very thinly sliced radish.

To Block Ice. Freeze ice in mold or use rectangular piece of clear ice and with hot flatirons melt a cavity large enough to hold caviare. Pour water from cavity as rapidly as it forms.

CAVIARE FISH

Remove caviare from can to strainer and pour over hot water to remove some of the oil. Drain thoroughly and season with lemon juice. Brush inside small fish molds sparingly with olive oil and put in shallow pan of crushed ice. Cover bottoms with Aspic Jelly (p. 425) mixture, made from fish or chicken stock. When set, cover body of fish with caviare, and add jelly mixture gradually, by spoonfuls, until molds are full. Chill thoroughly, remove to crisp lettuce leaves, and insert small pieces of truffle to represent eyes.

RUSSIAN PANCAKES

Make thin pancakes, about 4 inches in diameter. Serve with melted butter, black or red caviare and thick sour cream. Spread pancake with melted butter, put on spoonful of caviare, cover with cream and top with a second pancake. Serve as a first course or as a supper dish with a light simple dessert or salad to follow.

STUFFED TOMATOES

Select small, very ripe tomatoes. Peel, scoop out center, and chill. Stuff with caviare, mixed vegetable salad, chicken, lobster, or crab-meat salad. Serve on small lettuce leaf.

TOMATO AND COTTAGE CHEESE

Peel small, ripe tomatoes. Arrange halves on lettuce, top with scoop of cottage cheese. Pour over Russian Dressing.

HORNS OF PLENTY

Cut smoked salmon in thin slices, crosswise of fish. Shape in forms of horns of plenty. Fill with caviare seasoned with a few drops of lemon juice or with finely chopped cucumber or highly

seasoned cream cheese. Cooked ham or dried beef may be substituted for salmon.

LAITUE SUÉDOISE

Mix 1 cup finely shredded cabbage, $\frac{1}{2}$ cup finely cut celery, 1 green pepper (from which seeds have been removed), finely chopped, $\frac{1}{2}$ tablespoon brown sugar, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon mustard seed. Moisten with French Dressing (p. 486), chill, and allow for each portion 1 tablespoon on small, crisp lettuce leaf.

HAM OR DRIED BEEF ROLLS

Cut thin slices of meat in even pieces. Spread with cream cheese, highly seasoned. Roll tightly.

HORS D'ŒUVRES PLATTER

Serve on any large platter, chop plate, large glass or pottery plate, or on a special hors d'œuvres dish. A variety may be served (with hot rolls and a beverage) as the main dish at a luncheon. A combination should include at least one hearty hors d'œuvres, one salad or cooked vegetable and one highly seasoned relish or appetizer. In addition to the special recipes listed, any of the following are suitable:

Fish. Anchovies, herring, smoked salmon, sardines (with wedges of lemon or thin slices of onion), flaked shrimp with Mayonnaise, canned or cooked salmon with Tartare Sauce (p. 207) and cucumber dice, tiny cream puff or pastry shells or boats filled with lobster or shrimp or crab salad.

Eggs. Eggs à la Mimosa (p. 428), hard-cooked egg, sliced, marinated, and sprinkled with finely cut parsley, chives, or cress.

Appetizers. Pickled beets finely cut, celery, olives, pickled onions, radishes.

Fruits. Avocado or melon in thin strips.

Salads and Vegetables (Marinated). Artichoke bottoms or hearts, asparagus tips, cauliflower flowerets, sliced cucumbers, canned mushrooms, sliced tomatoes (sprinkled with chopped parsley, chives, or cress), mixed vegetable salad.

CHAPTER 12

SOUP AND SALAD ACCOMPANIMENTS

See also p. 501; Hors d'Œuvres, Canapés (p. 115); Corn Crisps (p. 97).

TOASTED CRACKERS

Split common crackers. Spread with butter, allowing $\frac{1}{4}$ teaspoon butter to each half cracker. Arrange in pan and bake until delicately browned. Saltines or other thin crackers may be used without splitting.

SOUFFLÉD CRACKERS

Split common crackers and soak in ice water to cover, 8 minutes. Dot over with butter and bake in hot oven (500° F.) until puffed, and then reduce heat (375° F.) until browned (about 45 minutes).

CHEESE CRACKERS

Arrange thin crackers or saltines in pan. Brush over with melted butter, sprinkle with grated cheese, and bake until cheese melts.

ROQUEFORT CRACKERS.

$\frac{1}{4}$ cup butter	Few drops onion juice
1 tablespoon Roquefort cheese crumbs	Wafers

Cream butter, add cheese and onion juice. Spread wafers generously with mixture, cover with wafers, and press lightly together.

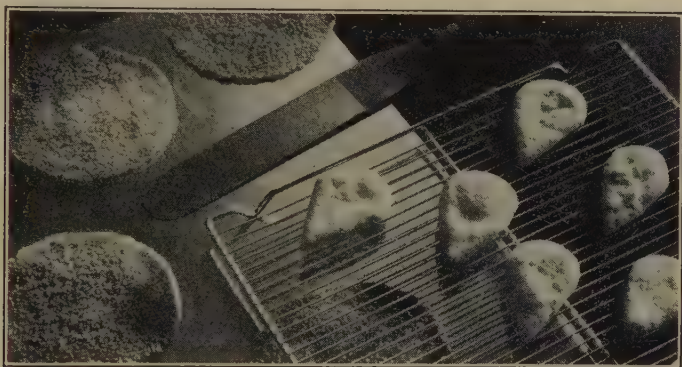
SHERRIED CHEESE CRACKERS

$\frac{1}{2}$ pound cheese	1 teaspoon mustard
3 tablespoons sherry	$\frac{1}{2}$ teaspoon salt
2 tablespoons cream	Few grains cayenne
2 tablespoons butter	Unsweetened wafers

Cut cheese in pieces and force through food chopper. Add wine, cream, butter worked until creamy, and seasonings. Force mixture through pastry bag and tube onto wafers.

CASSAVA CAKES

Arrange on cooky sheet. Brush generously with melted butter. Heat in oven until delicately brown. If desired, fold double, while warm.



*Toasted Cassava Cakes and Cheese Wafers Are Delicious
with Soup or Salad*

MATZOTH (JEWISH UNLEAVENED BREAD)

Toast and brush with melted butter.

ITALIAN BREAD STICKS

Cut or break bread sticks in pieces about 5 inches long. Heat in oven.

CHEESE STICKS

Cut bread sticks in halves lengthwise, spread thinly with butter, sprinkle with grated cheese seasoned with salt and cayenne, and bake until delicately browned.

MOCK CASSAVA BREAD

Remove crusts from small, stale baker's loaf in 4 pieces, using a sharp, long-bladed knife; then cut in very thin slices lengthwise and shape with an elliptical cutter. Dip each piece separately quickly in and out of cold water and shape over a form (using $\frac{1}{2}$ pound baking-powder tins) and keep in place with soft twine. Place in dripping pan, brush over with melted butter, and bake in a slow oven until crisp and delicately browned, turning frequently.

PIMIENTO CHEESE WAFERS

Mash a pimiento cream cheese, moisten with cream, and force through a pastry bag and tube on unsweetened wafer crackers. If a pimiento cream cheese is not obtainable, add 1 tablespoon finely chopped canned pimiento and a few grains salt to 1 large cream cheese.

PULLED BREAD

Remove crusts from a long loaf of freshly baked water bread. Pull the bread apart until the pieces are the desired size and length, which is best accomplished by using 2 3-tined forks. Cook in slow oven until delicately browned and thoroughly dried. A baker's French loaf may be used for pulled bread if homemade is not at hand.

TOASTED BUNS

Cut bread in slices 2 inches thick. Remove crusts. Cut each slice in half. Brush entire surface generously with melted butter. Brown in hot oven, turning as necessary.

TOASTED FROMAGE ROLLS

Cut fresh bread in as thin slices as possible, using a very sharp knife, and remove crusts. Work butter until creamy, add an equal measure of grated cheese, and work until thoroughly blended. Season with salt and paprika. Spread bread with mixture and roll each piece separately. Toast.

IMPERIAL STICKS IN RINGS

Cut stale bread in $\frac{1}{8}$ -inch slices, remove crusts, spread thinly with butter, and cut slices in $\frac{1}{3}$ -inch strips and rings; put in pan and bake until delicately browned. Arrange 3 sticks in each ring.

MOCK ALMONDS

Cut stale bread in $\frac{1}{8}$ -inch slices, shape with round cutters $1\frac{1}{2}$ inches in diameter, then shape in almond-shaped pieces. Brush over with melted butter, put in pan, and bake until delicately browned.

TOASTED TRIANGLES

Cut stale bread in $\frac{1}{8}$ -inch slices and remove crusts; then cut in halves on the diagonal, making triangles. Toast or bake in slow oven until crisp and delicately browned.

CHEESE STRAWS

Roll Puff or Plain Paste $\frac{1}{4}$ inch thick, sprinkle half with grated cheese to which has been added few grains of salt and cayenne. Fold, press edges firmly together, fold again, pat, and roll out $\frac{1}{4}$ inch thick. Sprinkle with cheese and proceed as before; repeat twice. Cut in strips 5 inches long and $\frac{1}{4}$ inch wide. Bake 8 minutes in hot oven (450° F.). Use Parmesan cheese or equal parts of Parmesan and Edam cheese. Pile log-cabin fashion.

CHEESE PASTRIES

Sprinkle small rounds or oblongs of pastry (Puff or Plain) with grated cheese before baking.

CHEESE WAFERS

4 ounces old sharp cheese or	$\frac{1}{4}$ cup butter
1 roll processed sharp cheese	$\frac{1}{2}$ cup pastry flour

Put ingredients through food chopper 3 times or cream butter and cheese together and blend in flour. Chill $\frac{1}{2}$ hour. Roll thin on floured board or pastry cloth. Cut out in any desired shape. Place on unbuttered cooky sheet. Chill. Bake in hot oven (450° F.) until delicately brown (6 to 10 minutes). It is important to work quickly during the rolling and cutting process. Makes 30 small wafers.

CHAPTER 13

SOUP GARNISHES AND FORCEMEATS

CROÛTONS I

Cut stale bread in $\frac{1}{3}$ -inch slices and remove crusts. Spread thinly with butter. Cut slices in $\frac{1}{3}$ -inch cubes, put in pan, and bake until delicately brown or fry in deep fat.

CROÛTONS II

Cut stale bread in small cubes. Sauté in small quantity of melted butter, turning frequently, to brown all sides equally. Drain on soft paper.

PARKER HOUSE CROÛTONS

2 tablespoons unsalted butter	1 egg yolk
4 tablespoons grated Parmesan cheese	$\frac{1}{3}$ -inch cubes of stale bread

Toast bread on one side. Blend butter, cheese, and egg yolk. Spread untoasted side with mixture. Bake until golden brown.

PASTRY STRIPS

Roll trimmings of puff paste and cut in pieces $\frac{3}{4}$ inch long and $\frac{1}{8}$ inch wide; fry (p. 26) in deep fat until well browned.

HOMINY CROÛTONS

Pack hominy mush in buttered small baking-powder box. When cold, remove from box, cut in $\frac{1}{4}$ -inch slices and slice in $\frac{1}{4}$ -inch cubes. Dip in fine crumbs, egg, and crumbs, and fry (p. 26) in deep fat.

TAPIOCA GARNISH FOR CONSOMMÉ

For 1 quart consommé, soak 2 tablespoons pearl tapioca overnight in cold water to cover. Drain and cook in boiling water until transparent. Again drain, rinse with cold water and add to soup. Quick-cooking tapioca may be added to soup during last 15 minutes of cooking without previous preparation.

SALTED WHIPPED CREAM

Slightly salt heavy cream, beaten slightly or until stiff. Fold in grated cheese, if desired. Serve small amount on soup.

PIMIENTO CREAM

$\frac{1}{2}$ cup heavy cream
 $\frac{1}{2}$ egg white

Canned pimientos
 Few grains salt

Drain pimientos, dry on a towel, and force through sieve to make 2 tablespoons of purée. Beat cream until stiff. Beat egg white until stiff and add to cream. Add purée and salt.

EGG BALLS I

Yolks 2 hard-cooked eggs
 1 raw egg yolk

$\frac{1}{8}$ teaspoon salt
 Few grains cayenne

$\frac{1}{2}$ teaspoon melted butter

Rub yolks through sieve, add seasonings, and moisten with raw egg yolk to make of consistency to handle. Shape in small balls, roll in flour, and sauté in butter.

EGG BALLS II

1 hard-cooked egg
 1 raw egg yolk
 $\frac{1}{8}$ teaspoon salt

Few grains cayenne
 1 teaspoon heavy cream
 $\frac{1}{4}$ teaspoon finely chopped parsley

Rub yolk of hard-cooked egg through sieve, add white finely chopped, and remaining ingredients. Add raw egg yolk to make mixture of right consistency to handle. Shape in small balls and poach in boiling water or stock.

EGG CUSTARD

2 egg yolks Few grains salt 2 tablespoons milk

Beat eggs slightly with fork, add milk and salt. Pour into small buttered cup, place in pan of hot water, and bake in moderate oven (350° F.) until firm. Cool, remove from cup, and cut in fancy shapes with French vegetable cutters.

HARLEQUIN SLICES

3 egg yolks	3 egg whites
2 tablespoons milk	Few grains salt
Few grains salt	Chopped truffles

Beat yolks slightly, add milk and salt. Pour into small buttered cup, place in pan of hot water, and bake in moderate oven (350° F.) until firm. Beat egg whites slightly, add salt, and cook same as yolks. Cool, remove from cups, cut in slices, pack in mold in alternate layers, and press with weight. A few truffles may be sprinkled between slices if desired. Remove from mold and cut in slices.

ROYAL CUSTARD

3 egg yolks, slightly beaten	$\frac{1}{8}$ teaspoon salt
1 egg, slightly beaten	Slight grating nutmeg
$\frac{1}{2}$ cup Consommé	Few grains cayenne

Combine ingredients and bake like Egg Custard.

CHICKEN CUSTARD

$\frac{1}{4}$ cup chopped breast meat of fowl	1 egg, slightly beaten
$\frac{1}{4}$ cup Chicken Stock	Salt, pepper, celery salt
	Nutmeg
Anchovy essence	

Rub meat through sieve. Add stock, egg, and season to taste. Bake like Egg Custard. Cut in small cubes.

MACARONI RINGS

When making a macaroni dish, reserve several pieces of boiled macaroni. Keep it in cold water and cut as needed into $\frac{1}{4}$ -inch slices, making tiny rings.

NOODLES (p. 384)

Cut in fancy shapes, using sharp knife or French vegetable cutter; or roll like jelly roll, cut in as thin slices as possible, and unroll pieces. Dry, and when needed cook 20 minutes in boiling salted water; drain and add to soup.

FRITTER BEANS

1 egg, beaten till light	$\frac{3}{4}$ teaspoon salt
2 tablespoons milk	$\frac{1}{2}$ cup flour

Combine ingredients. Put through colander or pastry tube into deep fat and fry until brown; drain on brown paper.

CORN DUMPLINGS

$\frac{1}{2}$ cup yellow corn meal	2 eggs, slightly beaten
$\frac{1}{2}$ teaspoon salt	1 tablespoon finely chopped onion
$1\frac{1}{2}$ cups boiling water	1 tablespoon finely chopped parsley

Combine meal, salt, water, and onion. Steam 2 hours. Add eggs and parsley. Shape in small balls, roll in flour, and cook 10 minutes in hot soup.

PUFFS

When making Cream Puffs (p. 711), reserve some of the mixture and force through pastry bag and tube in very tiny amounts. Flatten points. Bake, or fry in deep fat.

PÂTE À CHOUX PUFFS

$2\frac{1}{2}$ tablespoons milk	$\frac{1}{8}$ teaspoon salt
$\frac{1}{2}$ teaspoon lard	$\frac{1}{4}$ cup flour
$\frac{1}{2}$ teaspoon butter	1 egg, unbeaten

Heat butter, lard, and milk to boiling point; add flour and salt, stir vigorously. Remove from fire, add egg, and stir until well mixed. Cool and drop small pieces from tip of teaspoon into deep fat. Fry (p. 26) until brown and crisp, and drain on brown paper.

Parmesan Pâte à Choux. Add 2 tablespoons grated Parmesan cheese to mixture.

MARROW BALLS

2 tablespoons marrow	1 teaspoon parsley, chopped fine
4 tablespoons cracker crumbs	$\frac{3}{4}$ teaspoon salt
1 egg	$\frac{1}{8}$ teaspoon pepper
	$\frac{1}{8}$ teaspoon nutmeg

Work marrow until creamy. Add other ingredients. Let stand several hours if possible. Shape in small balls and cook 10 minutes in boiling water or soup.

QUENELLES

Shape any forcemeat mixture in small balls or between tea- or tablespoons, making an oval, or force mixture through pastry bag on buttered paper. Cook in boiling salted water or stock. Serve as garnish to soups or other dishes, or serve as an entrée with a sauce.

MOCK QUENELLES

1 egg, slightly beaten	Cracker dust
Salt, celery salt, and cayenne	

Add cracker dust to egg until mixture is of right consistency to poach. Season. Shape by forcing through paper cone on buttered paper. Invert paper in boiling soup to cook quenelles.

FISH FORCEMEAT I

$\frac{1}{4}$ cup fine stale bread crumbs	1 egg, well beaten
$\frac{1}{4}$ cup milk	$\frac{2}{3}$ cup raw fish
	Salt

Cook bread and milk to paste, add egg, and fish forced through food chopper and worked until smooth. Season with salt. Bass, halibut, or pickerel are the best fish to use for forcemeat. Shape in small balls and cook in soup.

FISH FORCEMEAT II

$\frac{2}{3}$ cup raw halibut	Pepper
1 egg white	Cayenne
Salt	$\frac{1}{2}$ cup heavy cream

Chop fish finely, or force through food chopper. Pound in mortar, adding gradually egg white, and work until smooth. Add seasonings, rub through sieve, and add cream.

SALMON FORCEMEAT

$\frac{1}{2}$ cup milk	1 egg, slightly beaten
$\frac{1}{2}$ cup soft stale bread crumbs	2 tablespoons melted butter
$\frac{1}{2}$ cup cold flaked salmon	$\frac{1}{2}$ teaspoon salt
2 tablespoons cream	Few grains pepper

Cook milk and bread crumbs 10 minutes, add salmon chopped and rubbed through sieve. Add cream, egg, butter, salt, and pepper.

OYSTER OR CLAM FORCEMEAT

Fish Forcemeat I (p. 138)	$\frac{1}{2}$ tablespoon butter
$\frac{1}{4}$ small onion, finely chopped	$\frac{1}{3}$ cup mushrooms, finely chopped
$\frac{1}{3}$ cup soft part of oysters or clams, parboiled and finely chopped	$\frac{1}{3}$ cup Thick White Sauce (p. 192)
1 teaspoon finely chopped parsley	Salt, pepper, and cayenne

Fry onion 5 minutes in butter. Combine ingredients. Mix thoroughly.

CHICKEN OR VEAL FORCEMEAT I

$\frac{1}{2}$ cup fine stale bread crumbs	$\frac{2}{3}$ cup breast raw chicken or
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ pound raw veal
2 tablespoons butter	Salt
1 egg white, beaten stiff	Few grains cayenne
Slight grating nutmeg	

Cook bread and milk to a paste, add butter, egg white, and seasonings; then add chicken or veal, pounded and forced through purée strainer or food chopper. Shape and cook in boiling salted water or stock.

CHICKEN FORCEMEAT II

$\frac{1}{2}$ breast raw chicken	Pepper
1 egg white	Slight grating nutmeg
Salt	Heavy cream

Chop chicken fine or force through food chopper. Pound in mortar, add gradually egg white, and work until smooth; then add heavy cream slowly until of right consistency, which can only be determined by cooking a small ball in boiling salted water. Add seasonings and rub through sieve.

VEAL FORCEMEAT

$\frac{1}{2}$ cup finely chopped raw veal	1 tablespoon butter
2 tablespoons finely chopped fat salt pork	1 tablespoon finely chopped onion
$\frac{1}{2}$ cup soft bread crumbs	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{8}$ teaspoon pepper
	1 egg, slightly beaten

Cook crumbs and butter 3 minutes. Add veal and pork. When well blended, add other ingredients.

CHAPTER 14

SOUPS WITH STOCK

Soup Stock is made from beef, veal, mutton, fish, poultry, or game, separately or in combination. *Brown Soup Stock* is made from beef (lean meat, bone, and fat). *White Soup Stock* is made from chicken or veal. *Fish Stock* is the water in which fish has been cooked or it may be made from fish bones and head, or made especially from fish or shellfish. *Vegetable Stock* is the water in which vegetables have been cooked. It contains valuable mineral salts and may replace water in making soup stock or be used in cream soups in place of stock.

Bouillon is usually made of Brown Soup Stock delicately seasoned and cleared. Exception — clam bouillon.

Consommé is a soup made from two or more kinds of meat (usually beef, veal, and chicken), highly seasoned, cleared, and strained.

Broth is the liquid resulting from simmering meat in water.

Bisque is generally made of shellfish, milk, and seasonings.

INGREDIENTS FOR SOUP STOCK

Although the list of ingredients for soup making often seems formidable, essential seasonings may easily be kept on hand. Sweet herbs, including thyme, savory, and marjoram, are dried and sold in packages. Bay leaves and spices, such as whole cloves, allspice berries, peppercorns, stick cinnamon, and celery seed are sold by the ounce. The outer stalks of celery should be saved for soup. Celery tips and roots may be saved and dried.

In small families, where there are few left-overs, fresh meat must be bought for the making of soup stock, as a good soup cannot be made from a small amount of poor material. On the other hand, large families need seldom buy fresh meat, provided all left-overs

are properly cared for. The soup kettle should receive beef bones, small pieces of beef (roasted, broiled, or stewed), veal, carcasses of fowl or chicken, chop bones, bones left from lamb roast and all trimmings and bones, which a careful housewife should see are sent from the market with her order. The liquor from fresh-boiled pork may be used for soup; a few drops of lemon juice improve the flavor.

Avoid using smoked or corned meats, or large pieces of raw mutton or lamb surrounded by fat, on account of the strong flavor so disagreeable to many. A small piece of bacon or lean ham is sometimes cooked with vegetables for flavor.

Beef ranks first for utility and economy in soup making. It should be cut from the fore or hind shin (which cuts contain marrow-bone), the middle cuts being most desirable. If the lower part of shin is used, the soup, although rich in gelatine, lacks flavor, unless a cheap piece of lean meat is used with it, which frequently is done. It must be remembered that meat, bone, and fat in the right proportions are all necessary; allow $\frac{2}{3}$ lean meat, the remaining $\frac{1}{3}$ bone and fat. From the meat the soluble juices, salts, extractives (which give color and flavor), and a small quantity of gelatine are extracted; from the bone, gelatine (which gives the stock when cold a jelly-like consistency) and mineral matter. Gelatine is also obtained from cartilage, skin, tendons, and ligaments. Some fat is absorbed; the rest rises to the top and should be removed.

TO MAKE SOUP STOCK

Soup-stock making is simplified by use of proper utensils. Indispensable are knives, hardwood board, two purée strainers with meshes of different size, and a good stock kettle of aluminum or enamel. A saw, cleaver, and scales, although not necessary, lighten labor.

When meat comes from market, remove from paper and put in cool place. If scales are at hand, weigh meat and bone to see if correct proportions have been sent. Wipe meat with clean cheesecloth wrung out of cold water. Cut lean meat in 1-inch cubes; by so doing, a large amount of surface is exposed to the water and juices are more easily drawn out. Heat frying pan hissing hot; re-

move marrow from marrowbone, and use enough to brown $\frac{1}{3}$ of the lean meat, stirring constantly, to sear all surfaces, thus preventing escape of juices, — sacrificing a certain amount of goodness in the stock to give additional color and flavor. Put fat, bone, and remaining lean meat in soup kettle; cover with cold water (1 pint to each pound of meat, bone, and fat). Let stand 1 hour, that cold water may draw out juices from meat. Add browned meat, taking water from soup kettle to rinse out frying pan, that none of the coloring may be lost. Heat gradually to boiling point, and cook 6 or 7 hours at low temperature. A scum will rise on the top, which contains coagulated albuminous juices of great nutritive value. Many, however, prefer a clear soup, and remove the scum. If allowed to remain, when straining, a large part will pass through strainer. Vegetables, spices, and salt should be added the last hour of cooking. Strain and cool quickly, uncovered, to prevent souring. Cover and keep in cool place. A cake of fat forms on stock when cold, which excludes air, and this should not be removed until stock is used. To remove fat, run a knife around edge of bowl and carefully lift off. A small quantity will remain, which should be removed by passing a cloth wrung out of hot water around edge and over top of stock. This fat should be clarified (p. 29). To remove fat before stock has cooled, take off as much fat as possible with a spoon and remove the remainder by passing tissue or any absorbent paper over the surface.

TO CLEAR STOCK

Egg whites slightly beaten, or raw, lean beef finely chopped are used to clear soup stock. The albumen found in each draws to itself some of the juices which have been extracted from the meat and have become coagulated by action of heat. Some rise to the top and form a scum; others are precipitated.

Remove fat from cold stock and put quantity to be cleared in stewpan, allowing white and shell of one egg to each quart of stock. Beat egg slightly with fork and add 2 teaspoons cold water to each egg, break shell in small pieces, and add to stock. Place on stove, and stir constantly until boiling point is reached; boil 2 minutes. Set back and let stand 20 minutes without stirring, and

strain through a fine strainer lined with a double thickness of cheese-cloth. If stock to be cleared is not sufficiently seasoned, add seasoning as soon as stock has lost its jelly-like consistency; not after clearing is effected. A few shavings of lemon rind are an agreeable addition.

TO BIND SOUPS

Melt butter and add flour, using amounts required by recipe. Mix well, add to soup, and stir constantly until boiling point is reached. (To prevent curdling.)

SOUPS WITH MEAT STOCK

BROWN STOCK

6-pound shin of beef	1 sprig marjoram
3 quarts cold water	2 sprigs parsley
$\frac{1}{2}$ teaspoon peppercorns	Carrot
6 cloves	Turnip
$\frac{1}{2}$ bay leaf	Onion
3 sprigs thyme	Celery
	$\frac{1}{2}$ cup each, cut in dice
	1 tablespoon salt

Wipe beef and cut lean meat in inch cubes. Brown $\frac{1}{3}$ of meat in hot frying pan in marrow from marrowbone. Put remaining $\frac{2}{3}$ with bone and fat in soup kettle, add water, and let stand 30 minutes. Place over slow heat, add browned meat, and heat gradually to boiling point. Cover and cook slowly 6 hours, keeping below boiling point during cooking. Add vegetables and seasonings, cook $1\frac{1}{2}$ hours, strain, and cool as quickly as possible. If cooked in fireless cooker, vegetables may be added in the beginning.

Beef and Vegetable Soup. Tie seasonings in cheesecloth bag. Double amounts of vegetables. Cook slowly until meat is tender. Cool. Remove fat, bone and spice bag.

Quick Brown Stock. Use bouillon cubes or beef or vegetable extracts, dissolved in water, or canned consommé or bouillon.

BOUILLON

5 pounds lean beef from middle of round	1 tablespoon salt
2 pounds marrowbone	Carrot
3 quarts cold water	Turnip
1 teaspoon peppercorns	Onion
	Celery
	$\frac{1}{3}$ cup each, cut in dice

Wipe and cut meat in inch cubes. Put $\frac{2}{3}$ of meat in soup kettle and soak in water 30 minutes. Brown remainder in hot frying pan with marrow from marrowbone. Put browned meat and bone in kettle. Heat to boiling point; skim thoroughly and cook at temperature below boiling point 5 hours. Add seasonings and vegetables, cook 1 hour, strain, and cool. Remove fat and clear (p. 143).

CONSOMMÉ

3 pounds lean beef cut in $1\frac{1}{2}$ -inch cubes	2 tablespoons butter
1 pound marrowbone	1 tablespoon salt
3 pounds knuckle of veal cut in pieces	1 teaspoon peppercorns
1 quart Chicken Stock (p. 151) or bones	4 cloves
from a chicken and 1 quart water	3 sprigs thyme
Carrot } $\frac{1}{3}$ cup each, cut in dice	1 sprig marjoram
Turnip } $\frac{1}{3}$ cup each, cut in dice	2 sprigs parsley
Celery } $\frac{1}{3}$ cup each, cut in dice	$\frac{1}{2}$ bay leaf
$\frac{1}{3}$ cup sliced onion	3 quarts cold water

Brown half of beef in some of marrow from marrowbone. Add to rest of beef, veal, bones, and cold water. Let stand $\frac{1}{2}$ hour. Heat slowly to boiling point and simmer 3 hours, removing scum as it forms on top of kettle. Add Chicken Stock or chicken bones and water and simmer 2 hours. Cook carrot, turnip, onion, and celery in butter 5 minutes. Add to soup with remaining seasonings. Cook $1\frac{1}{2}$ hours, strain, cool quickly, remove fat, and clear (p. 143). Reheat and serve with any desired garnish.

A DOZEN WAYS TO SERVE CONSOMMÉ

(Home-made or Canned)

Season to taste before serving. Canned consommé can be much improved by heating with a bit of celery or other seasoning.

With Vegetables. Add cooked string beans, carrots, peas, etc. Cut in small pieces or in fancy shapes.

Princess. Add green peas and cooked chicken, diced.

Pimiento. Add $\frac{1}{3}$ cup canned pimiento, forced through a sieve, 4 tablespoons sherry, and a few grains cayenne to 4 cups consommé before clearing. Serve hot or cold.

À la Royal. Garnish with Royal Custard (p. 136) cubes just before serving.

Au Parmesan. Garnish with Parmesan Pâte à Choux (p. 137).

D'Orléans. Garnish with Quenelles (p. 138) and French peas.

Iced. Flavor bouillon or consommé with lemon juice or sherry. Chill.

Jellied. Add 3 tablespoons granulated gelatine to each quart of bouillon or consommé. Chill in bouillon cups or chill in shallow dish, cut in cubes, and pile in cups.

Macaroni Soup. Cook $\frac{1}{2}$ cup macaroni, in $\frac{1}{2}$ -inch pieces, in 4 cups Brown Stock or consommé. Or add cooked macaroni to soup and reheat.

Julienne. To each quart, add 2 tablespoons, each, cooked peas and string beans, and $\frac{1}{4}$ cup, each, cooked carrots and turnips or leeks, cut in matchlike strips.

Montmorency. To 1 quart consommé, add 1 cup finely chopped raw beets. Clear. Garnish with $\frac{1}{4}$ cup, each, cooked green peas, Julienne shaped (matchlike) strips of cooked chicken breast, and cooked tapioca.

À la Barigoule. Garnish with thinly sliced stuffed olives, sliced mushrooms, and, if desired, a few bits of cooked chicken, diced.

BORTSCH

1 quart consommé
2 large beets, chopped

1 cup chopped cabbage
2 onions, chopped

Cook vegetables until tender in consommé, adding water as necessary. Strain or not, as desired. Serves 6 to 8.

Russian Bortsch. Serve a tablespoon of heavy sour cream on each bowl. Heavy pottery bowls are traditional.

CLEAR MUSHROOM SOUP

$\frac{1}{2}$ pound mushrooms

Sherry wine

3 pints consommé

Brush mushrooms, chop stems finely, and break caps in small pieces, or use stems only from 1 pound of mushrooms. Add to consommé, bring gradually to boiling point, and simmer 30 minutes. Cool and clear (p. 143). Just before serving add sherry to taste.

CONSOMMÉ DUBARRY

6 cups Veal Stock (p. 150)
 1 ox tail
 ½ green pepper cut in strips
 Cauliflower flowerets, cooked

¼ cup hot boiled rice
 1 tablespoon shredded,
 blanched, Jordan almonds
 Royal Custard (p. 136)

Add ox tail to veal in making stock. Add green pepper and cook 15 minutes. Strain, cool, and remove fat. Reheat and add remaining ingredients. (This consommé does not require clearing.)



*Chicken Stock, Bermuda Onions and Unsalted Butter Make
 Parker House Onion Soup Distinctive*

ONION SOUP AU GRATIN

5 small onions thinly sliced 6 cups Brown Stock (p. 144)
 3 tablespoons butter 3 tablespoons grated Parmesan cheese
 6 slices toast, preferably from French loaf

Cook onions in butter until soft. Add stock and salt to taste. Simmer 30 minutes. Place slice of toast in each soup plate or pottery bowl, sprinkle with cheese, and pour soup over it or pass cheese separately. Serves 6.

Parker House Onion Soup. Use 2 Bermuda onions, unsalted butter, and chicken stock.

OX-TAIL SOUP

1 small ox tail	$\frac{1}{2}$ teaspoon salt
6 cups Brown Stock (p. 144)	Few grains cayenne
Carrot } $\frac{1}{2}$ cup each, cut in	1 teaspoon Worcester-
Turnip } fancy shapes	shire Sauce
Onion } $\frac{1}{2}$ cup each, cut in	1 teaspoon lemon juice
Celery } small pieces	

Cut ox tail in small pieces, wash, drain, sprinkle with salt and pepper, dredge with flour, and fry in butter 10 minutes. Add to Brown Stock, simmer 2 or 3 hours or until tender. Drain and discard bone. Add ox-tail meat and vegetables (parboiled 20 minutes), simmer until vegetables are soft, add seasonings. Add water as needed.

MUTTON BROTH

3 pounds mutton (from the neck)	Few grains pepper
2 quarts cold water	3 tablespoons rice or
1 teaspoon salt	3 tablespoons barley

Wipe meat, remove skin and fat, cut in small pieces, and put into kettle with bones. Cover with cold water; heat gradually to boiling point, skim, then season with salt and pepper. Cook slowly until meat is tender; strain and remove fat. Reheat to boiling point, add rice or barley, and cook until rice or barley is tender. If barley is used, soak overnight in cold water. Some of the meat may be served with broth.

SCOTCH BROTH

3 pounds lamb or mutton (for suitable cuts, see p. 282)	$\frac{1}{4}$ cup celery
$\frac{1}{2}$ cup barley, soaked in cold water 12 hours	$\frac{1}{4}$ cup onion
4 tablespoons butter	Salt and pepper
$\frac{1}{4}$ cup carrot	2 tablespoons flour
	$\frac{1}{2}$ tablespoon finely chopped parsley
	$\frac{1}{4}$ cup turnip

Cut lean meat in 1-inch cubes, put in kettle, cover with 3 pints cold water, bring quickly to boiling point, skim, add barley. Simmer $1\frac{1}{2}$ hours or until meat is tender. Put bones in second kettle, cover with cold water, heat slowly to boiling point, skim, and boil $1\frac{1}{2}$ hours. Strain water from bones and add to meat. Fry veg-

etables in 2 tablespoons butter 5 minutes, add to soup with salt and pepper to taste, and cook until vegetables are soft. Thicken with remaining butter and flour cooked together. Add parsley just before serving. Rice may be used in place of barley.

MOCK TURTLE SOUP

1 calf's head	$\frac{1}{2}$ cup carrot cut in dice
6 cloves	2 cups Brown Stock (p. 144)
$\frac{1}{2}$ teaspoon peppercorns	$\frac{1}{4}$ cup butter
6 allspice berries	$\frac{1}{2}$ cup flour
2 sprigs thyme	1 cup stewed and strained tomatoes
$\frac{1}{3}$ cup sliced onion	Juice $\frac{1}{2}$ lemon
Madeira wine to taste, if desired	

Clean and wash calf's head; soak 1 hour in cold water to cover. Cook until tender in 3 quarts boiling salted water (to which seasoning and vegetables have been added). Remove head; boil stock until reduced to 1 quart. Strain and cool. Melt and brown butter, add flour, and stir until well browned. Pour on slowly Brown Stock and bring to boiling point. Add head stock, tomato, 1 cup face meat, cut in dice, and lemon juice. Simmer 5 minutes. Season. Add Royal Custard (p. 136) cut in dice, Egg Balls, or Quenelles (p. 138).

Egg Balls. Mash yolks of 3 hard-cooked eggs and add an equal measure of mashed calf's brains. Season highly with salt and pepper and add enough slightly beaten egg to hold mixture, so that it may be shaped into small balls. Roll balls in flour and sauté in butter.

TOMATO BOUILLON OR ESSENCE OF TOMATO

2 cups tomatoes, fresh or canned	6 cloves
$1\frac{1}{2}$ quarts bouillon	$\frac{1}{2}$ teaspoon celery seed
1 tablespoon chopped onion	$\frac{1}{2}$ teaspoon peppercorns

Mix ingredients. Boil 20 minutes. Strain, cool, and clear (p. 143). Serve hot or cold. If desired jellied, add $1\frac{1}{2}$ tablespoons gelatine. For a deeper color, use vegetable coloring. Serves 8.

TOMATO MADRILÈNE (p. 154)**TOMATO SOUP WITH STOCK**

1 quart Brown Stock (p. 144)	$\frac{1}{3}$ cup flour
1 quart can tomatoes	Onion
$\frac{1}{2}$ teaspoon peppercorns	Carrot
1 small bay leaf	Celery
3 cloves	Raw ham
3 sprigs thyme	Salt
4 tablespoons butter	Pepper

} $\frac{1}{4}$ cup each,
cut in dice

Cook onion, carrot, celery, and ham in butter 5 minutes; add flour, peppercorns, bay leaf, cloves, and thyme (2 cloves garlic, if desired) and cook 3 minutes. Add stock and tomatoes; cover, and cook slowly 1 hour. When cooked in oven, it requires less watching. Rub through strainer, add hot stock. Season to taste. Serves 8.

Cream of Tomato Soup. Add $\frac{1}{4}$ teaspoon soda and $\frac{1}{2}$ tablespoon sugar. Melt 2 tablespoons butter, add 2 tablespoons corn-starch, blend, and pour on hot soup. Bring to boiling point. Just before serving, add 1 cup milk and 1 cup cream. Serve with croûtons.

CREOLE SOUP

1 quart Brown Stock (p. 144)	Salt
1 pint tomatoes	Pepper
3 tablespoons chopped green peppers	Cayenne
2 tablespoons chopped onion	2 tablespoons grated
$\frac{1}{4}$ cup butter	horse-radish
$\frac{1}{3}$ cup flour	1 teaspoon vinegar

$\frac{1}{4}$ cup macaroni rings

Cook pepper and onion in butter 5 minutes. Add flour, stock, and tomatoes, and simmer 15 minutes. Strain and season highly with salt, pepper, and cayenne. Just before serving add horse-radish, vinegar, and macaroni, previously cooked and cut in rings. Bottled horse-radish may be used and vinegar omitted. Serves 6.

VEAL STOCK I (WHITE STOCK I)

3-pound knuckle of veal	1 large celery stalk
1 pound lean beef	$\frac{1}{4}$ teaspoon peppercorns
3 quarts boiling water	$\frac{1}{2}$ bay leaf
1 onion	2 sprigs thyme
6 slices carrot	2 cloves

Wipe veal, remove from bone, and cut in small pieces; cut beef in pieces, put bone and meat in soup kettle, cover with cold water, and bring quickly to boiling point; drain, throw away water. Wash thoroughly bones and meat in cold water; return to kettle, add vegetables, seasonings, and boiling water. Boil 3 or 4 hours. Stock should be reduced to one half.

VEAL STOCK II (WHITE STOCK II)

4-pound knuckle of veal	$\frac{1}{2}$ teaspoon peppercorns
2 quarts cold water	1 onion
1 tablespoon salt	2 stalks celery
Blade of mace	

Wipe meat, remove from bone, and cut in small pieces. Put meat, bone, water, and seasonings in kettle. Heat gradually to boiling point, skimming frequently. Simmer 4 or 5 hours and strain. If scum has been carefully removed, and soup is strained through double thickness of cheesecloth, stock will be quite clear.

CHICKEN STOCK, CHICKEN BROTH OR BOUILLON

1 four-pound fowl	$\frac{1}{2}$ bay leaf
6 cups cold water	$\frac{1}{4}$ teaspoon peppercorns
6 slices carrot	1 onion, sliced
2 stalks celery	Salt and pepper

Remove wings and legs from fowl, separate breast and back, wash back and wipe remainder. Put all except the breast in kettle with cold water and seasonings. Heat gradually to boiling point, add breast, cook until breast meat is tender, cool, remove fat, and strain. If desired, 1 tablespoon lean, raw ham may be cooked with other ingredients. The cooked chicken may be used in any way desired.

QUICK CHICKEN STOCK

Use the water in which a fowl or chicken has been cooked. Seasonings suggested above may be added while fowl is cooking. Chicken Stock may be made with Chicken Bouillon Cubes or canned chicken bouillon may be used.

TURKEY SOUP

Break turkey carcass in pieces, removing all stuffing; put in kettle with any bits of meat that may have been left over. Cover with cold water, bring slowly to boiling point, and simmer 2 hours. Strain, remove fat, and season with salt and pepper. One or two outer stalks of celery may be cooked with carcass to give additional flavor.

CHICKEN SOUP WITH RICE OR TAPIOCA

Reheat 1 quart Chicken Stock with $\frac{1}{3}$ cup boiled rice or $\frac{1}{4}$ cup cooked tapioca (pearl or minute).

CREAM OF CHICKEN SOUP I

Add to Chicken Stock (p. 151) 1 teaspoon beef or vegetable extract and 1 cup cream. Season to taste. Add 2 tablespoons Sauterne, if desired.

CREAM OF CHICKEN SOUP II

2 cups Chicken Stock (p. 151)	1½ tablespoons flour
1 cup scalded milk	1 egg yolk, slightly beaten
2 tablespoons butter	Salt and pepper

Combine stock and milk. Bind with butter and flour cooked together. Pour slowly over egg yolks, strain. Season to taste. Serve at once or soup will have a curdled appearance. Serves 6.

FRENCH WHITE SOUP

4-pound fowl	½ teaspoon peppercorns
Knuckle of veal	½ tablespoon salt
3 quarts cold water	1 tablespoon lean raw ham,
1 sliced onion	finely chopped
6 slices carrot	4 tablespoons butter
½ bay leaf	3 tablespoons flour
1 sprig parsley	1 cup cream
½ teaspoon thyme	2 egg yolks, slightly beaten

Wipe, clean, and disjoint fowl. Wipe veal, remove from bone, and cut in small pieces. Put meat, bone, and water in kettle, heat slowly to boiling point, and skim. Remove breast and second

joints of fowl when tender and set aside to use in any way suggested for cooked chicken. Cook remainder slowly 4 hours. Cook vegetables and ham in 1 tablespoon butter 5 minutes, add to soup with peppercorns and salt, and cook 1 hour. Strain, cool, and remove fat. Reheat 3 cups stock, thicken with remaining butter and flour cooked together, and just before serving add to cream and egg yolks. Garnish with $\frac{1}{2}$ cup cooked peas and Chicken Custard (p. 136) cut in dice.

SPRING SOUP

1 quart Veal or Chicken Stock (p. 151)	1 cup milk
1 large onion, thinly sliced	1 cup cream
3 tablespoons butter	2 tablespoons flour
$\frac{1}{2}$ cup stale bread	Salt and pepper

Cook onion 15 minutes in 1 tablespoon butter; add to stock, with bread broken in pieces. Simmer 1 hour; rub through sieve. Add milk. Bind with butter and flour cooked together. Add cream and season. Serves 8.

DUCHESS SOUP

4 cups Chicken Stock (p. 151)	$\frac{1}{3}$ cup butter
2 slices carrot, cut in cubes	$\frac{1}{4}$ cup flour
2 slices onion	1 teaspoon salt
2 blades mace	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ cup grated mild cheese	2 cups scalded milk

Cook vegetables 3 minutes in $1\frac{1}{2}$ tablespoons butter, then add stock and mace; boil 15 minutes, strain, and add milk. Bind with butter and flour cooked together and season. Stir in cheese and serve as soon as cheese is melted. Serves 8 to 12.

POTAGE À LA REINE OR ROYAL SOUP

1 cup stale bread crumbs soaked in	Salt and pepper
$\frac{1}{2}$ cup milk	$1\frac{1}{2}$ cups scalded milk
Yolks 3 hard-cooked eggs	$3\frac{1}{2}$ cups Chicken Stock (p. 151)
Breast meat from a boiled chicken	$2\frac{1}{2}$ tablespoons butter
$2\frac{1}{2}$ tablespoons flour	

Rub egg yolks and chicken meat through sieve. Add to bread crumbs soaked in milk. Add gradually scalded milk and stock. Bind with butter and flour cooked together. Season. Serves 8 to 10.

IMPERIAL SOUP

4 cups Chicken Stock (p. 151)	$\frac{1}{2}$ teaspoon peppercorns
2 cups stale bread crumbs	Bit of bay leaf
2 stalks celery, broken in pieces	Blade of mace
2 slices carrot, cut in cubes	1 teaspoon salt
1 small onion	$\frac{1}{2}$ breast boiled chicken
3 tablespoons butter	$\frac{1}{3}$ cup blanched almonds
Sprig of parsley	1 cup cream
2 cloves	$\frac{1}{2}$ cup milk

Cook celery, carrot, and onion in 1 tablespoon butter 5 minutes; tie in cheesecloth with parsley, cloves, peppercorns, bay leaf, and mace; add to stock with salt and bread crumbs, simmer 1 hour, remove seasonings; rub through sieve. Chop chicken meat and rub through sieve; pound almonds to a paste, add to chicken, then add cream. Combine mixtures, add milk, reheat, and bind with butter and flour cooked together.

CHICKEN GUMBO

1 onion, finely chopped	1 cup cooked or canned okra
4 tablespoons butter	2 teaspoons salt
1 quart Chicken Stock (p. 151)	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ green pepper, finely chopped	1 to 2 cups canned tomatoes

Cook onion in butter 5 minutes, stirring constantly. Add to stock with remaining ingredients. Bring to boiling point and simmer 40 minutes. Serves 6 to 8.

TOMATO MADRILÈNE

2 cups tomato juice	$\frac{1}{4}$ cup cold water, stock, or
2 cups Chicken Stock (p. 151)	tomato juice
3 tablespoons granulated gelatine	Seasonings
soaked in	

Dissolve gelatine in $\frac{1}{2}$ cup hot stock, add remaining stock, and tomato juice. Season to taste and strain. Chill. Break up with fork or cut in cubes, and serve piled in bouillon cups. If desired, add $\frac{1}{2}$ cup diced cooked chicken as soup is beginning to thicken. Serves 6 to 8.

CREAM OF ALMOND SOUP

$\frac{2}{3}$ cup almonds	3 stalks celery
6 bitter almonds	3 tablespoons butter
4 tablespoons cold water	3 tablespoons flour
$\frac{1}{8}$ teaspoon salt	2 cups scalded milk
3 cups Chicken Stock (p. 151)	1 cup scalded cream
1 small onion	Salt and pepper

Put almonds through food chopper, using finest cutter, adding water and salt slowly during process. Simmer with stock, onion, and celery and rub through sieve. Bind with butter and flour cooked together. Add milk, cream, salt, and pepper. Serves 6.

CREAM OF ASPARAGUS SOUP

3 cups Veal or Chicken Stock (p. 151)	$\frac{1}{4}$ cup butter
2 cups asparagus, cooked or canned	$\frac{1}{4}$ cup flour
2 cups asparagus water	2 cups scalded milk
1 slice onion	Salt and pepper

Reserve tips of asparagus and add stalks to asparagus water. Add stock, boil 5 minutes, rub through sieve and bind with butter and flour cooked together. Add salt, pepper, milk, and asparagus tips.

CREAM OF CAULIFLOWER SOUP

4 cups Veal or Chicken Stock (pp. 150, 151)	$\frac{1}{2}$ bay leaf
3 cups cooked cauliflower	$\frac{1}{4}$ cup flour
$\frac{1}{4}$ cup butter	2 cups milk
1 slice onion	Salt
1 stalk celery, cut in inch pieces	Pepper

Reserve 1 cup flowerets. Rub remaining cauliflower through sieve. Cook onion, celery, and bay leaf in butter 5 minutes. Remove bay leaf, add flour and stir into hot stock; add cauliflower and milk. Season, strain, add flowerets, and reheat.

CREAM OF CELERY SOUP

2 cups Veal or Chicken Stock (pp. 150, 151)	3 tablespoons flour
3 cups celery, cut in inch pieces	2 cups milk
2 cups boiling water	1 cup cream or top milk
1 slice onion	Salt
2 tablespoons butter	Pepper

Cook celery in stock and water until soft and rub through sieve. Scald onion in milk, remove onion, add milk to stock, bind with butter and flour cooked together, add cream, season, and reheat.

CHESTNUT PURÉE

4 cups Veal or Chicken Stock (pp. 150, 151)	2 cups scalded milk or thin cream
2 cups French chestnuts, shelled (p. 458)	$\frac{1}{4}$ cup butter
1 slice onion	2 tablespoons flour
$\frac{1}{4}$ teaspoon celery salt	Salt

Pepper

Cook stock, chestnuts, onion, and celery salt until chestnuts are soft; rub through sieve, and bind with butter and flour cooked together. Add milk or cream. If cream is used, use only 2 tablespoons butter and 1 tablespoon flour. Season with salt and pepper. Reheat. Serves 6 to 8.

CREAM OF CUCUMBER SOUP

3 large cucumbers	1 slice onion
2 tablespoons butter	1 blade mace
3 tablespoons flour	$\frac{1}{2}$ cup cream
3 cups Chicken Stock (p. 151)	2 egg yolks, slightly beaten
1 cup milk	Salt and pepper

Peel and slice cucumbers and remove seeds. Cook in butter 10 minutes; then add flour and stock. Scald milk with onion and mace. Combine mixtures and rub through sieve. Reheat to boiling point and add to cream and egg yolks. Season with salt and pepper. Serves 8.

CREAM OF LETTUCE SOUP

2 $\frac{1}{2}$ cups Veal or Chicken Stock (pp. 150, 151)	1 tablespoon butter
1 head lettuce, finely cut	1 egg yolk, slightly beaten
2 tablespoons rice	Few grains nutmeg
$\frac{1}{2}$ cup cream	Salt
$\frac{1}{4}$ tablespoon onion, finely chopped	Pepper

Cook onion 5 minutes in butter, add lettuce, rice, and stock. Cook until rice is soft, then add cream, egg yolk, nutmeg, salt, and pepper. Serves 6.

Purée of Lettuce. Rub through sieve. Color delicately with green vegetable coloring. Serve with croûtons.

MULLIGATAWNY SOUP

5 cups Veal Stock (p. 150)	$\frac{1}{4}$ cup butter
1 cup tomatoes	$\frac{1}{3}$ cup flour
Onion, cut in slices	1 teaspoon curry powder
Carrot, cut in cubes	Blade of mace
Celery, cut in cubes	2 cloves
1 pepper, finely chopped	Sprig of parsley
1 apple, sliced	Salt and pepper
1 cup raw chicken, cut in dice	

Cook vegetables, apple, and chicken in butter until brown. Add flour, curry powder, mace, cloves, parsley, and tomato, and simmer 1 hour. Strain, reserve chicken, and rub vegetables through sieve. Add chicken to strained soup, season with salt and pepper, and serve with boiled rice.

CREAM OF MUSHROOM SOUP

$\frac{1}{2}$ pound mushrooms, or stems	$\frac{1}{4}$ cup cream
and skins from 1 pound mushrooms	$\frac{1}{4}$ cup milk
4 cups Chicken Stock (p. 151)	Salt
1 slice onion	Pepper
$\frac{1}{4}$ cup butter	Lemon juice or grated
$\frac{1}{4}$ cup flour	nutmeg

I. Chop mushrooms, add to stock with onion, cook 20 minutes, and rub through sieve. Reheat, bind with butter and flour cooked together. Add milk and cream. Reheat. Season to taste. Serves 6.

II. Prepare mushrooms with stock as above. Add $\frac{1}{4}$ cup quick tapioca and 1 cup boiling water. Bring to boiling point and simmer 5 minutes. Season. Just before serving, stir in 1 cup heavy cream and 2 egg yolks slightly beaten.

CREAM OF ONION SOUP (SOUBISE SOUP)

2 Spanish onions, thinly sliced	1 tablespoon chopped green
$\frac{1}{4}$ cup butter	pepper
4 cups Chicken Stock (p. 151)	or
3 tablespoons flour	$\frac{1}{4}$ cup grated cheese
1 cup cream	Salt and pepper

Cook onions in butter 10 minutes, stirring constantly. Add stock, cook slowly 30 minutes. Strain. Mix flour with $\frac{1}{4}$ cup cold water to pour easily, add to soup, and bring to boiling point. Add cream and peppers or cheese. Season to taste. Serves 6 to 8.

ST. GERMAIN OR PEA SOUP

3 cups Veal or Chicken Stock (pp. 150, 151)	Blade of mace
2 cups peas, cooked or canned	2 teaspoons sugar
1 cup cold water	1 teaspoon salt
$\frac{1}{2}$ onion	$\frac{1}{8}$ teaspoon pepper
Bit of bay leaf	2 tablespoons butter
Sprig of parsley	2 tablespoons cornstarch
1 cup milk	

Reserve $\frac{1}{3}$ cup peas. Add remainder to stock, water, and seasonings and simmer $\frac{1}{2}$ hour. Rub through sieve. Bind with butter and cornstarch cooked together. Boil 5 minutes. Add milk and reserved peas. Water from peas may replace part of stock.

If desired, omit butter and cornstarch. Just before serving, stir in 2 egg yolks, slightly beaten and $\frac{1}{2}$ to 1 cup cream. Serve with small crisp croûtons. Serves 6 to 8.

Color delicately with vegetable coloring if peas are not bright colored.

Potage Longchamps. Reheat with a few sprigs fresh mint. Remove mint and add $\frac{1}{3}$ cup cooked vermicelli. Season to taste.

PHILADELPHIA PEPPER POT

Sliced onion	} $\frac{1}{4}$ cup each	$\frac{1}{2}$ pound honeycomb tripe,
Chopped celery		cut in cubes
Chopped green peppers		$1\frac{1}{2}$ cups potato cubes
4 tablespoons butter		$\frac{1}{2}$ teaspoon peppercorns,
$3\frac{1}{2}$ tablespoons flour		finely pounded
5 cups Chicken Stock (p. 151)		$\frac{3}{4}$ tablespoon salt
$\frac{1}{2}$ cup heavy cream		

Cook vegetables in 3 tablespoons butter 15 minutes. Add flour, stir until well mixed. Add remaining ingredients, except cream. Cover and cook 1 hour. Just before serving, add cream and remaining butter. Serves 6 to 8.

PIMIENTO BISQUE

$\frac{1}{2}$ cup rice	$1\frac{1}{2}$ teaspoons salt
6 cups Chicken Stock (p. 151)	$\frac{1}{2}$ teaspoon Tabasco Sauce
5 canned pimientos	$\frac{1}{2}$ cup cream
2 egg yolks, slightly beaten	

Cook rice in stock until tender. Add pimientos, rub through sieve; add salt and Tabasco. Bring to boiling point; add to egg yolks and cream. Serves 8.

CREAM OF SPINACH SOUP

2 cups Veal or Chicken Stock (pp. 150, 151)	2 tablespoons butter
1 cup cooked spinach	2 tablespoons flour
1 cup milk	Salt and pepper

Chop spinach, add to stock, and rub through sieve. Heat to boiling point, bind with butter and flour cooked together, add milk, and season. Spinach water may replace part of stock. Other vegetables may be used. Serves 6 to 8.

CREAM OF WATERCRESS SOUP

1 bunch watercress, finely cut	1 cup cream
3 cups Veal or Chicken Stock (pp. 150, 151)	$\frac{3}{4}$ teaspoon salt
$4\frac{1}{2}$ tablespoons butter	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{3}$ cup flour	Green vegetable coloring

Add cress to stock. Bring to boiling point and simmer 10 minutes. Strain and bind with butter and flour cooked together. Bring to boiling point. Add cream, salt, and pepper. Color delicately.

VEAL AND SAGO SOUP

$2\frac{1}{2}$ pounds cheap cut of veal, chopped	2 cups scalded milk
3 quarts cold water	4 egg yolks, slightly beaten
$\frac{1}{4}$ pound pearl sago or tapioca	Salt and pepper

Pick over veal and remove particles of fat. Cover meat with water, bring slowly to boiling point, simmer 2 hours, skimming occasionally; strain and reheat. Soak sago $\frac{1}{2}$ hour in enough cold water to cover, stir into hot stock, boil 30 minutes, and add milk. Pour mixture slowly on egg yolks. Season with salt and pepper.

VEAL TOMATO BISQUE

3 pints Veal Stock (p. 150)	$\frac{1}{2}$ teaspoon salt
$\frac{1}{3}$ cup tomato purée	Few grains pepper
$\frac{1}{4}$ cup heavy cream	$\frac{1}{8}$ teaspoon soda

Mix stock, purée, and cream. Bring to boiling point and season. For the purée, use canned tomato soup, Italian tomato paste, or drain canned tomatoes and stew, strain, and cook until reduced to a thick pulp. Serves 8.

SOUPS AND CHOWDERS MADE WITH FISH OR FISH STOCK

FISH STOCK

Use the water in which fish was cooked. *Or*, cook head, tail, skin, and bones of any white fish in Court Bouillon (p. 214) to cover, adding more fish as convenient; simmer 30 minutes; strain.

OYSTER STEW

1 quart oysters	$\frac{1}{4}$ cup butter
$\frac{3}{4}$ cup cold water	$\frac{1}{2}$ tablespoon salt
4 cups scalded milk	$\frac{1}{8}$ teaspoon pepper

Carefully pick over oysters, removing bits of shell. Add water, cook until oysters are plump and edges begin to curl. Remove oysters with skimmer and add to milk. Add strained oyster liquor, butter, salt, and pepper. If desired, add finely minced tips of 2 green onions and a little minced parsley.

SCALLOP STEW

1 quart scallops	$\frac{1}{4}$ cup butter
1 quart milk	$\frac{1}{2}$ tablespoon salt
	$\frac{1}{8}$ teaspoon pepper

Clean scallops, cook 5 minutes in half the butter. Add milk and seasonings and cook slowly 15 minutes. Add remaining butter.

CREAM OF OYSTER (OR CLAM) SOUP

1 quart oysters or clams	Sprig of parsley
4 cups milk	Bit of bay leaf
1 slice onion	$\frac{1}{8}$ cup butter
2 stalks celery	$\frac{1}{8}$ cup flour
1 blade mace	Salt and pepper

Pick over oysters, removing bits of shell. Reserve liquor, add oysters slightly chopped, heat slowly to boiling point, and simmer 20 minutes. Strain, reheat liquor, and thicken with butter and flour cooked together. Scald milk with onion, celery, mace, parsley, and bay leaf; remove seasonings and add to oyster liquor. Season with salt and pepper. Serves 6 to 8.

French Oyster Soup. Just before serving, pour over two egg yolks, slightly beaten. Garnish with Fish Quenelles (p. 138).

OYSTER SOUP, AMSTERDAM STYLE

1 quart oysters	$\frac{1}{2}$ teaspoon salt
Water	Paprika
3 tablespoons butter	Celery salt
$3\frac{1}{2}$ tablespoons flour	1 cup cream

Pick over oysters, removing bits of shell. Chop. Add 2 cups water and simmer 20 minutes. Strain through cheesecloth and add enough water to liquor to make 1 quart. Brown butter, add flour, and pour on oyster liquor gradually, while stirring constantly. Simmer $\frac{1}{2}$ hour. Season. Just before serving add cream. Serves 6 to 8.

BISQUE OF OYSTERS, CAPUCINE

1 quart oysters	$\frac{1}{2}$ cup rice
$1\frac{1}{2}$ quarts water	2 cups scalded milk
2 stalks celery	2 teaspoons salt
2 leeks	$\frac{1}{8}$ teaspoon pepper
2 slices onion	$\frac{1}{8}$ teaspoon cayenne
2 sprigs parsley	$\frac{1}{8}$ teaspoon nutmeg
2 cloves	2 egg yolks
$\frac{1}{2}$ bay leaf	1 cup cream
1 cup canned or cooked peas	

Prepare oysters as for Oyster Soup, Amsterdam Style. Add water, celery, leeks, onion, parsley, cloves, bay leaf, and rice. Bring to boiling point and simmer $1\frac{1}{4}$ hours. Press through sieve, add remaining seasonings, peas, and milk. Just before serving, add egg yolks and cream and bring to boiling point. Serves 8.

OYSTER GUMBO

1 pint oysters	1 cup cooked or canned okra
4 cups Fish Stock (p. 160)	2 cups tomatoes, cooked or canned
$\frac{1}{4}$ cup butter	Salt
1 tablespoon chopped onion	Pepper

Clean, pick over, and parboil oysters; drain and add oyster liquor to Fish Stock. Cook onion 5 minutes in half the butter. Add to stock. Then add okra, tomatoes, heated and drained from some of their liquor, oysters, and remaining butter. Season.

OYSTER BISQUE

1 quart oysters	Bit of bay leaf
2 cups Chicken Stock (p. 151)	2 tablespoons butter
1½ cups stale bread crumbs	2 tablespoons flour
1 slice onion	4 cups scalded milk
2 stalks celery	Salt
Sprig of parsley	Pepper

Clean and pick over oysters, reserving liquor, setting aside soft portions, and chopping gills and tough muscles. Cook stock, bread crumbs, reserved liquor, chopped oyster, onion, celery, parsley, and bay leaf 3 minutes. Rub through sieve, bring to boiling point, and bind with butter and flour cooked together. Add milk, soft portion of oysters, and season to taste. Serves 8 to 10.

CHICKEN AND OYSTER CONSOMMÉ

1 pint oysters	1 teaspoon salt
½ cup cold water	Few grains cayenne
4 cups Chicken Stock (p. 151)	½ cup cream

Chop oysters (reserving soft portion of 12), add cold water, let simmer 25 minutes. Strain oyster liquor and add to stock. Season with salt and pepper, add cream and soft parts of oysters, cooked until plump. Reheat and serve at once to avoid separating.

CLAM BOUILLON

Wash and scrub with brush ½ peck of clams, changing water several times. Put in kettle with 3 cups cold water, cover tightly, and steam until shells are well opened. Strain liquor through cheesecloth, cool, and clear (p. 143), if desired. Serve with salted whipped cream or Pimiento Cream (p. 135).

CLAM CONSOMMÉ

Wash 2 quarts clams in shell. Put in kettle with ¼ cup cold water, cover, and cook until shells open. Strain liquor through double thickness cheesecloth, add to 4 cups Consommé, and clear.

Clam and Tomato Broth. Combine with equal quantity Tomato Bouillon (p. 149). Season to taste with celery salt.

CLAM SOUP

1 quart clams	2 tablespoons flour
4 cups milk	1½ teaspoons salt
1 slice onion	⅛ teaspoon pepper
⅓ cup butter	Few gratings nutmeg
	1 egg white

Clean and pick over clams, using $\frac{3}{4}$ cup cold water; reserve liquor. Put aside soft part of clams; chop finely hard part, add to liquor, bring gradually to boiling point; strain through cheesecloth and bind with butter and flour cooked together. Scald milk with onion, remove onion, add stock, seasonings, and soft part of clams. Bring to boiling point and pour over egg white beaten stiff.

Clam and Oyster Soup. Use 1 pint clams, and 1 pint oysters, chopped, and their liquor. Egg white may be omitted.

CLAM AND CHICKEN FRAPPÉ

Wash and scrub with brush 2 quarts clams, changing water several times. Put in kettle with $\frac{1}{2}$ cup cold water, cover tightly, and steam until shells are well opened. Remove clams from shells and strain liquor through double thickness cheesecloth. To $1\frac{2}{3}$ cups clam liquor add $2\frac{1}{2}$ cups Chicken Stock (p. 151), highly seasoned. Cool and freeze to mush. Garnish with small amount of slightly salted whipped cream.

CLAM AND TOMATO BISQUE

1 quart clams	2 cups cream
$1\frac{1}{2}$ cups cold water	1 cup stewed and strained tomatoes
⅓ cup butter	⅛ teaspoon soda
⅓ cup flour	Salt
½ onion	Cayenne

Pour water over clams, then drain. To water add hard part of clams, finely chopped. Heat slowly to boiling point, cook 20 minutes, then strain. Cook butter with onion 5 minutes; remove onion, add flour, and gradually clam water. Add cream, soft part of clams, and as soon as boiling point is reached, tomatoes to which soda has been added. Season with salt and cayenne and serve at once.

MANHATTAN CLAM BISQUE

2 quarts clams in shells	3½ tablespoons flour
½ cup cold water	½ teaspoon salt
Hot water	Few grains paprika
3 tablespoons butter	½ cup cream
½ cup milk	

Wash clams thoroughly, put in kettle, add cold water, cover, and cook until shells are partially opened. Strain liquor through double thickness of cheesecloth and add enough hot water to make 1 quart liquid. Brown butter, add flour, and continue browning; pour on gradually the liquid. Bring to boiling point and simmer 20 minutes. Season and just before serving add milk and cream. Garnish with Pimiento Cream (p. 135). Serves 8.

CORINTHIAN CLAM BISQUE

2 dozen soft-shelled clams	2 cloves
¼ cup water	Blade mace
1 sliced onion	2 tablespoons cornstarch
Sprig parsley	2 tablespoons cold water
Salt and pepper	1 quart milk

Wash clams, put in kettle, add water, cover, bring to boiling point, and cook until shells open. Remove clams from shells, chop finely, and add to liquor; then add onion, parsley, cloves, and mace, and simmer 30 minutes. Scald milk and thicken with cornstarch diluted with cold water. Cook 10 minutes and add clam water strained through double thickness of cheesecloth. Season and garnish with slightly salted whipped cream. Serves 6.

CREAM OF SCALLOP SOUP

1 quart scallops	1 tablespoon chopped onion
4 cups milk	5 tablespoons butter
2 cloves	¼ cup flour
Bit of bay leaf	Salt
¼ teaspoon peppercorns	Pepper

Clean scallops, reserve ½ cup, and chop remainder finely. Add these to milk, with seasonings and 2 tablespoons butter, and cook slowly 20 minutes. Strain and bind with butter and flour cooked together. Parboil reserved scallops and add to soup. Serves 6.

LOBSTER BISQUE

2 pounds lobster	$\frac{1}{4}$ cup butter
2 cups Chicken Stock (p. 151) or water	$\frac{1}{4}$ cup flour
4 cups milk	$1\frac{1}{2}$ teaspoons salt
	Few grains of cayenne

Remove meat from lobster shell. Add cold water or stock to body bones and tough end of claws, cut in pieces; bring slowly to boiling point and cook 20 minutes. Drain, reserve liquor, and thicken with butter and flour cooked together. Scald milk with tail meat of lobster, finely chopped. Strain, add to liquor. Season with salt and cayenne. Add tender claw meat, cut in dice, and body meat. If coral is found in lobster, wash, wipe, force through fine strainer, put in mortar with butter, work until well blended, then add flour and stir into soup. Serves 6 to 8.

BISQUE OF SHRIMPS

1 quart Chicken Stock (p. 151)	2 tablespoons cornstarch
2 slices each onion and carrot	$\frac{1}{2}$ teaspoon salt
Bit of bay leaf	$\frac{1}{8}$ teaspoon pepper
Sprig of marjoram	2 tablespoons lemon juice
Blade mace	$\frac{1}{2}$ pint shrimps, fresh or canned
$\frac{1}{2}$ teaspoon peppercorns	$\frac{1}{2}$ cup heavy cream

Cook stock with onion, carrot, bay leaf, marjoram, mace, peppercorns, and cornstarch 12 minutes. Strain and season with salt, pepper, and lemon juice. Add shrimps cut in pieces. Reheat, add cream beaten until stiff, and serve at once. If desired, color delicately green with vegetable coloring. Serves 6 to 8.

CRAB SOUP

6 cooked hard-shelled crabs or	1 sprig parsley
2 cups crab meat	2 tablespoons butter
3 cups Chicken Stock (p. 151)	2 tablespoons flour
$\frac{2}{3}$ cup stale bread crumbs	1 cup cream
1 slice onion	Salt

Cayenne

Remove meat from crabs and chop finely. Add stock, bread crumbs, onion, and parsley. Simmer 20 minutes. Rub through sieve, bind with butter and flour cooked together. Add cream. Season. Serves 6 to 8.

HALIBUT SOUP

$\frac{3}{4}$ cup cooked halibut	3 tablespoons butter
1 pint milk	$1\frac{1}{2}$ tablespoons flour
1 slice onion	$\frac{1}{2}$ teaspoon salt
Blade of mace	Few grains pepper

Rub fish through sieve. Scald milk with onion and mace. Remove seasonings and add fish. Bind with half the butter and flour cooked together. Add salt, pepper, and the remaining butter in small pieces. Serves 4.

SALMON SOUP

1 cup salmon	4 tablespoons flour
1 quart scalded milk	$1\frac{1}{2}$ teaspoons salt
2 tablespoons butter	Few grains pepper

Drain oil from salmon, remove skin and bones, rub through sieve. Add milk gradually, season, and bind with butter and flour cooked together. Serves 4 to 6.

FISH CHOWDER

4-pound cod or haddock	1 tablespoon salt
1 quart potatoes cut in $\frac{1}{4}$ -inch slices, or in $\frac{3}{4}$ -inch cubes	$\frac{1}{8}$ teaspoon pepper
1 sliced onion	3 tablespoons butter
$1\frac{1}{2}$ -inch cube fat salt pork	4 cups scalded milk
	8 common or Boston crackers

Order the fish skinned, but head and tail left on. Cut off head and tail and remove fish from backbone. Cut fish in 2-inch pieces and set aside. Put head, tail, and backbone broken in pieces, in stewpan; add 2 cups cold water and bring slowly to boiling point; cook 5 minutes. Cut salt pork in small pieces and try out, add onion, and fry 5 minutes; strain fat into large pan. Add potatoes to fat; then add 2 cups boiling water and cook 5 minutes. Add liquor drained from bones; add fish, cover and simmer 10 minutes. Add milk, salt, pepper, butter, and crackers split and soaked in enough cold milk to moisten (otherwise they will be soft on the outside, but dry on the inside). Eight to ten servings.

Connecticut Fish Chowder. Omit milk. Add $2\frac{1}{2}$ cups stewed and strained tomatoes and add $\frac{2}{3}$ cup cracker crumbs just before serving. Add more water if too thick.

FISH CHOWDER WITH FISH BALLS

3-pound haddock	1 beaten egg
1 quart cold water	1 quart potatoes cut in
2 slices carrot	¾-inch cubes
Bit of bay leaf	2-inch cube fat salt pork, diced
Sprig of parsley	1 sliced onion
2 tablespoons cracker crumbs	5 tablespoons flour
Salt, pepper, cayenne	1 quart scalded milk
2 tablespoons melted butter	¼ cup butter
Few drops onion juice	8 common or Boston crackers
	1 pint cold milk

Split crackers, cover with cold milk, and set aside. Clean, skin, and bone fish. Add to bones cold water, carrot, bay leaf, and parsley, and simmer 20 minutes. Strain stock from bones into large saucepan or kettle. Chop raw fish meat; there should be 1½ cups. Add cracker, seasonings, melted butter, and egg, then shape in small balls. Try out pork, add onion, and cook 5 minutes. Strain into fish stock and add potatoes and fish balls. Cook until potatoes are soft. Thicken milk with butter and flour cooked together. Combine mixtures and season highly with salt, pepper, and cayenne. Add soaked crackers. Eight to ten servings.

BOUILLABAISSE

3 pounds fish	1 pinch saffron
½ cup olive oil	Juice 1 lemon
1 dozen oysters, clams, or mussels	1 bay leaf
½ cup shrimps, crab or lobster meat	2 medium-sized onions, sliced
2 leeks, sliced	1 carrot
2 large tomatoes or 1 cup canned (strained)	½ cup canned pimiento, cut in small pieces
2 cups fish stock or water	1 garlic clove, bruised
	1 tablespoon minced parsley
	Toast

Use flounder, whiting, sole, haddock, perch, or red mullet.

Cook carrot, onion, garlic and leeks in olive oil until golden brown. Add fish cut in 3-inch squares, tomato, bay leaf and stock. Simmer 20 minutes. Add shell-fish, pimiento, and saffron to taste. Season with salt, pepper, and lemon juice. Put toast in deep dish, add bouillabaisse, and sprinkle with parsley. Serve the fish from a separate serving dish. Add 1 cup white wine, if desired. It is difficult to say how many this recipe serves, since appetite varies, but it will provide at least 8 generous servings.

CLAM CHOWDER

1 quart clams	1 tablespoon salt
4 cups potatoes, cut in $\frac{3}{4}$ -inch cubes	$\frac{1}{8}$ teaspoon pepper
1 $\frac{1}{2}$ -inch cube fat salt pork	4 tablespoons butter
1 sliced onion	4 cups scalded milk
	8 common or Boston crackers

Clean and pick over clams, using 1 cup cold water; drain, reserve liquor, heat to boiling point, and strain. Chop finely hard part of clams; cut pork in small pieces and try out; add onion, fry 5 minutes, and strain into a stewpan. Parboil potatoes 5 minutes in boiling water to cover; drain and put a layer in bottom of stewpan; add chopped clams, sprinkle with salt and pepper, and dredge generously with flour; add remaining potatoes, again sprinkle with salt and pepper, dredge with flour, and add $2\frac{1}{2}$ cups boiling water. Cook 10 minutes, add milk, soft part of clams, and butter; boil 3 minutes and add crackers split and soaked in enough cold milk to moisten. Reheat clam water to boiling point and thicken with one tablespoon butter and flour cooked together. Add to chowder just before serving.

The clam water has a tendency to cause the milk to separate, hence is added last.

RHODE ISLAND CHOWDER

1 quart clams	1 cup stewed and strained tomatoes
3-inch cube fat salt pork	$\frac{1}{4}$ teaspoon soda
1 sliced onion	1 cup scalded milk
$\frac{1}{2}$ cup cold water	1 cup scalded cream
4 cups potatoes, cut in $\frac{3}{4}$ -inch cubes	2 tablespoons butter
2 cups boiling water	8 common or Boston crackers
Salt and pepper	

Cook pork with onion and cold water 10 minutes; drain and reserve liquor. Wash clams and reserve liquor. Parboil potatoes 5 minutes and drain. To potatoes add reserved liquors, hard part of clams, finely chopped, and boiling water. When potatoes are nearly done, add tomatoes, soda, soft part of clams, milk, cream, and butter. Season with salt and pepper. Split crackers, soak in cold milk to moisten, and reheat in chowder. Serves 8.

MANHATTAN CLAM CHOWDER

- | | |
|---|--|
| 1 pint hard clams, finely chopped or
canned clams or | 1 cup potatoes, cut in $\frac{3}{4}$ -inch cubes |
| 1 dozen large clams, cut in small
pieces | 2 cups boiling water |
| 3-inch cube fat salt pork, cut in
small pieces | 2 cups stewed tomatoes, strained
if desired |
| 1 onion, thinly sliced | Salt |
| | Pepper |
| | Thyme, if desired |

Try out pork, add onion, fry 5 minutes, and strain or not as desired. Add potatoes, water, and 1 teaspoon salt. Boil until potatoes are nearly done. Add tomatoes. Reheat. Add clams, season to taste, and boil 3 minutes. Serve at once. Serves 6.

LOBSTER CHOWDER OR STEW

- | | |
|----------------------------------|--------------------|
| 2-pound boiled lobster | 1 slice onion |
| 3 tablespoons butter | 1 cup cold water |
| $\frac{1}{4}$ cup cracker crumbs | Salt |
| 4 cups milk | Paprika or cayenne |

Remove meat from lobster shell and cut in small dice. Cream 2 tablespoons butter, add liver of lobster (green part), and crackers; scald milk with onion, remove onion, and add milk to mixture. Break up body bones and cook 10 minutes in 1 cup cold water. Strain and add to mixture with lobster dice. Season with salt and paprika. Add sherry to taste, if desired. Serves 6.

CHAPTER 15

VEGETABLE AND CREAM SOUPS

CANNED SOUPS

Experiment with canned soups to improve the flavor and give a "home-made" taste. Certain combinations of two soups are very successful, such as pea and tomato, pea and green turtle, asparagus or pea and chicken with rice, tomato and chicken with rice, etc.

Suggestions. Season to taste with any of the following:

A few drops of onion or lemon juice, curry powder, nutmeg (especially for mushroom soup), Worcestershire Sauce, tomato catsup, etc., sherry.

Heat with a bay leaf (remove before serving).

Dilute with milk, stock or water.

Add $\frac{1}{2}$ cup cream (to 4 cups soup) just before serving.

Just before serving, garnish tomato soup with thin slices of orange.

Garnish with croûtons, finely cut parsley, salted whipped cream or heavy sour cream or sprinkle with grated Parmesan cheese.

RUSSIAN CURRY SOUP

1 can pea soup	$\frac{1}{2}$ teaspoon curry powder
$\frac{1}{2}$ can tomato soup	2 cups milk or stock
$\frac{1}{2}$ cup heavy cream	

Heat pea soup, tomato soup, curry powder and milk to boiling point. Season to taste. Just before serving, stir in cream. Garnish with croûtons (p. 134). Serves 6.

BOULA

1 can pea soup	Whipped Cream
1 can green turtle soup	Parmesan Cheese

Combine soups. Bring to boiling point. Put spoonful of cream on each cup. Sprinkle with cheese. If convenient, toast cheese with salamander. Serves 4 to 6.



Russian Curry Soup Served in Old Pewter Bowls

CREAM OF VEGETABLE SOUP I (*General Recipe*)

$\frac{1}{2}$ to 1 cup cooked vegetable, mashed or chopped	2 slices onion
3 cups milk	2 tablespoons butter
	2 tablespoons flour
Salt and pepper	

Cook vegetable, milk, and onion in double boiler 20 minutes. Rub through sieve, reheat, and bind (p. 144). Season to taste.

CREAM OF VEGETABLE SOUP II (*General Recipe*)

1 cup Thin White Sauce (p. 192)	1 cup vegetable stock (water in which vegetables were cooked or that drained from can)
1 cup cooked vegetable or vegetables	
Salt and pepper	

Omit seasoning in making White Sauce if vegetable stock is salted. Add vegetables and vegetable stock. Boil 2 minutes. Put through sieve and season to taste. If desired, sprinkle with grated cheese. Various vegetables may be used. Serves 6.

CREAM OF ASPARAGUS SOUP

See Cream of Vegetable Soup above.

CREAM OF ARTICHOKE SOUP

6 Jerusalem artichokes	Few grains cayenne
4 cups boiling water	Few gratings nutmeg
2 tablespoons butter	2 tablespoons Sauterne wine
2 tablespoons flour	1 cup scalded cream
1½ teaspoons salt	1 egg, slightly beaten
2 cucumbers pared and cut in $\frac{1}{8}$ -inch cubes	

Cook artichokes in boiling water until soft and rub through sieve. Melt butter, add flour and seasonings, pour on hot liquor, and cook 1 minute. Add cream, wine, egg, and cucumbers sautéed in butter. Omit Sauterne, if desired.

BLACK BEAN SOUP

1 pint black beans	$\frac{1}{4}$ teaspoon mustard
2 quarts cold water	Few grains cayenne
1 small onion, sliced	3 tablespoons butter
2 stalks celery broken in pieces or $\frac{1}{4}$ teaspoon celery salt	1½ tablespoons flour
$\frac{1}{2}$ tablespoon salt	2 hard-cooked eggs, cut in thin slices
$\frac{1}{8}$ teaspoon pepper	Juice 2 lemons
	1 lemon thinly sliced

Soak beans overnight. Drain and add cold water. Cook onion 5 minutes with half the butter and add to beans. Add celery, simmer 3 or 4 hours or until beans are soft, adding more water as water boils away. Rub through sieve. Reheat to boiling point. Add lemon juice and well-mixed seasonings. Bind with remaining butter and flour cooked together. Garnish with lemon and eggs.

BAKED BEAN SOUP

3 cups cold baked beans	2 tablespoons butter
3 pints water	2 tablespoons flour
2 slices onion	1 tablespoon Chili Sauce
2 stalks celery	Salt
1½ cups stewed and strained tomatoes	Pepper

Put beans, water, onion, and celery in saucepan; bring to boiling point and simmer 30 minutes. Rub through sieve, add tomato and Chili Sauce, season to taste. Bind with butter and flour cooked together. Serves 6.

CREAM OF LIMA BEAN SOUP

1 cup dried Lima beans	1 cup cream or milk
3 pints cold water	4 tablespoons butter
2 slices onion	2 tablespoons flour
4 slices carrot	1 teaspoon salt
½ teaspoon pepper	

If desired, soak beans overnight and drain. Add cold water; cook until soft and rub through sieve. Cut vegetables in small cubes and cook 5 minutes in half the butter; remove vegetables, add flour, salt, and pepper, and stir into boiling soup. Add cream, reheat, strain, and add remaining butter in small pieces. Serves 6.

CELERY SOUP I

3 cups celery, cut in ½-inch pieces	1 slice onion
1 pint boiling water	3 tablespoons butter
2½ cups milk	¼ cup flour
	Salt and pepper

Cook celery in boiling water until soft and rub through sieve. Scald milk with onion, remove onion, and add milk to celery. Bind with butter and flour cooked together. Season with salt and pepper. Outer and old stalks of celery may be used for soups. Serves 6.

CELERY SOUP II

3 stalks celery, cut in 1-inch pieces	3 tablespoons butter
3 cups milk	3 tablespoons flour
1 slice onion	Salt and pepper
1 cup cream or top milk	

Crush celery in top of double boiler. Add onion and milk. Cook 20 minutes and strain. Bind with butter and flour cooked together. Season and add cream. Serves 6.

CELERY AND TOMATO PURÉE

1 bunch celery, cut in 1-inch pieces	Bit of bay leaf
2 teaspoons salt	1 teaspoon peppercorns
3 pints cold water	2 sprigs parsley
2 tablespoons fat salt pork	1 clove garlic, crushed
1 onion, sliced	2 tablespoons butter
1 small carrot, sliced	2 tablespoons flour
1 leek, sliced	1 pint tomatoes
$\frac{1}{2}$ teaspoon thyme	1 tablespoon sugar
2 cloves	Salt and pepper

Crush celery, add water and salt, bring slowly to boiling point, and simmer 1 hour. Try out pork fat, add vegetables and seasonings, and cook 10 minutes, stirring constantly. Add tomatoes and sugar and season to taste. Combine mixtures and bind with butter and flour cooked together. Cover and cook slowly 1 hour. Rub through sieve. Serves 6.

CORN SOUP

2 cups canned corn	2 tablespoons butter
2 cups boiling water	2 tablespoons flour
2 cups milk	Salt
1 slice onion	Pepper

Chop corn, add water, milk, and onion, and cook 20 minutes in top of double boiler. Rub through sieve. Bind with butter and flour cooked together. Garnish with popped corn if desired.

CORN CHOWDER

2 cups canned corn	1 sliced onion
4 cups potatoes, cut in $\frac{1}{4}$ -inch slices	4 cups scalded milk
$1\frac{1}{2}$ -inch cube fat salt pork	8 common crackers
3 tablespoons butter	
Salt and pepper	

Cut pork in small pieces and try out; add onion and cook 5 minutes, stirring often that onion may not burn; strain fat into stew-pan. Parboil potatoes 5 minutes in boiling water to cover; drain and add potatoes to fat; then add 2 cups boiling water; cook until potatoes are soft, add corn and milk, then heat to boiling point. Season with salt and pepper; add butter, and crackers split and soaked in enough cold milk to moisten. Serves 6 to 8 generously.

CREAM OF MUSHROOM SOUP (*Without Stock*)

Follow recipe for Cream of Mushroom Soup (p. 157), substituting water or mushroom liquor for stock.

PEA SOUP

2 cups peas, cooked or canned	1 slice onion
2 teaspoons sugar	2 tablespoons butter
2 cups cold water	2 tablespoons flour
2 cups milk	Salt
Pepper	

Add sugar and water to peas and simmer 20 minutes. Rub through sieve, reheat, and thicken with butter and flour cooked together. Scald milk with onion, remove onion, and add milk to pea mixture and season. Liquor drained from peas may replace part of water. Serves 6 to 8.

SPLIT PEA SOUP

1 cup dried split peas	3 tablespoons butter
2½ quarts cold water	2 tablespoons flour
2 cups milk or water	1½ teaspoons salt
½ onion	⅓ teaspoon pepper
2-inch cube fat salt pork	

Pick over peas and soak several hours, drain, add cold water, pork, and onion. Simmer 3 or 4 hours, or until soft; rub through sieve. Add butter and flour cooked together, salt, and pepper. Dilute with milk or water, adding more if necessary. The water in which a ham has been cooked may be used; in such case omit salt.

POTATO SOUP

3 potatoes	1½ teaspoons salt
1 quart milk	¼ teaspoon celery salt
2 slices onion	⅛ teaspoon pepper
3 tablespoons butter	Few grains cayenne
2 tablespoons flour	1 teaspoon chopped parsley

Cook potatoes in boiling, salted water; when soft, rub through strainer or use 2½ cups mashed potato. Scald milk with onion, remove onion, and add milk slowly to potatoes, using a whisk. Melt half the butter, add dry ingredients, stir until well mixed, then stir into hot soup; boil 1 minute, strain, add remaining butter, and sprinkle with parsley. Serves 6 to 8.

Appledore Soup. Just before serving, add 3 tablespoons tomato catsup.

SWISS POTATO SOUP

4 small potatoes	½ onion, cut in slices
1 large flat white turnip	4 tablespoons butter
3 cups boiling water	½ cup flour
1 quart scalded milk	1½ teaspoons salt
	⅛ teaspoon pepper

Wash, pare, and cut potatoes in halves. Wash, pare, and cut turnips in ¼-inch slices. Parboil together 10 minutes, drain, add onion and boiling water. Cook until vegetables are soft; drain, reserving water to add to vegetables after rubbing them through sieve. Add milk, reheat, and bind with butter and flour cooked together. Season with salt and pepper. Serves 6 to 8.

LEEK AND POTATO SOUP

1 bunch leeks	5 tablespoons butter
1 cup celery	2 tablespoons flour
1 quart milk	Salt and pepper
2½ cups potatoes	Cayenne

Cut leeks and celery in very thin slices crosswise and cook in 3 tablespoons butter, stirring constantly, 10 minutes. Add milk and cook in double boiler 40 minutes. Cut potatoes in slices and cut slices in small pieces; cook in boiling salted water 10 minutes. Melt 2 tablespoons butter, add flour, milk with vegetables, and potatoes. Cook until potatoes are soft, and season. Serves 6 to 8.

VEGETABLE SOUP I

Carrot	} $\frac{1}{2}$ cup each	1 quart water
Turnip		5 tablespoons butter
Celery		$\frac{1}{2}$ tablespoon finely
Potatoes		chopped parsley
$\frac{1}{2}$ onion, cut in thin slices		Salt and pepper

Wash and scrape or pare vegetables and cut in cubes of uniform size. Mix vegetables (except potatoes) and cook 10 minutes in 4 tablespoons butter, stirring constantly. Add potatoes, cover, and cook 2 minutes. Add water and boil 1 hour, or until vegetables are soft. Add water as needed. If desired, beat with spoon or fork to break vegetables. Add remaining butter and parsley. Season with salt and pepper. Serves 6.

VEGETABLE SOUP II OR VEGETABLE CHOWDER

1 cup sliced okra, cooked or canned	3 potatoes, in small cubes
2 cups tomato	1 stalk celery, cut fine
$\frac{1}{2}$ cup peas	2 green peppers, chopped
2 onions, thinly sliced	2 quarts water
3 slices bacon, diced	

Cook bacon until crisp and brown, add other ingredients. Cook slowly until vegetables are soft. Season to taste with salt and pepper. Many other vegetables may be added, chopped or in small pieces, such as cabbage, asparagus, carrots, broccoli or cauliflower flowerets, Lima beans, etc. Serves 6 to 8 generously.

CREAM OF SPINACH SOUP

See Cream of Vegetable Soup (p. 172).

SQUASH SOUP

$\frac{3}{4}$ cup cooked squash	3 tablespoons flour
1 quart milk	1 teaspoon salt
1 slice onion	Few grains pepper
2 tablespoons butter	$\frac{1}{4}$ teaspoon celery salt

Rub squash through sieve before measuring. Scald milk with onion, remove onion, and add milk to squash; season and bind with butter and flour cooked together.

CLEAR TOMATO SOUP OR MOCK BOUILLON

1 quart can tomatoes	3 cloves
1 cup water	$\frac{1}{2}$ teaspoon peppercorns
2 stalks celery	Blade of mace
4 slices carrot	1 tablespoon lemon juice or $\frac{1}{8}$ cup sherry
$\frac{1}{2}$ small onion, sliced	Salt
1 small green pepper	Pepper

Put tomatoes and water in saucepan, add celery cut in pieces, carrot, onion, green pepper (from which seeds have been removed), cloves, peppercorns, and mace. Bring to boiling point and simmer 15 minutes. Strain, and add lemon juice or sherry, salt, and pepper. Cool and clear (p. 143). Serve hot or cold in bouillon cups.

Jellied Mock Bouillon. Before straining, add 2 tablespoons granulated gelatine. Cool and clear. Turn into bouillon cups and chill.

Thick Tomato Soup. Brown 2 tablespoons butter, add flour, cook 5 minutes. Stir into soup, bring to boiling point and strain.

CREAM OF TOMATO SOUP OR MOCK BISQUE

2 cups raw or canned tomatoes	Bit of bay leaf
2 teaspoons sugar	$\frac{1}{2}$ cup stale bread crumbs
$\frac{1}{3}$ teaspoon soda	4 cups milk
$\frac{1}{2}$ onion, stuck with 6 cloves	$\frac{1}{2}$ tablespoon salt
Sprig of parsley	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{3}$ cup butter	

Scald milk with bread crumbs, onion, parsley, and bay leaf. Remove seasonings and rub through sieve. Cook tomatoes with sugar 15 minutes (shorter time if canned tomatoes are used). Add soda and rub through sieve. Reheat bread and milk to boiling point, add tomatoes, butter, salt, and pepper. Serves 6 to 8.

CREAM OF TOMATO AND CORN

1 onion, finely chopped	2 tablespoons sugar
$\frac{1}{4}$ cup butter	1 teaspoon salt
$\frac{1}{2}$ bay leaf	$\frac{1}{2}$ teaspoon pepper
12 peppercorns	2 cups water
2 tablespoons flour	2 cups canned corn, chopped
2 cups canned tomatoes	

Cook onion and butter 5 minutes, stirring constantly. Add bay leaf, peppercorns, and flour, and cook 2 minutes. Add other ingredients. Simmer 30 minutes and strain. For a richer soup, just before serving, add 2 egg yolks, slightly beaten, diluted with $\frac{1}{2}$ cup cream. Serves 6 to 8.

ICED FRUIT SOUP

1 cup orange juice	1 cup canned pineapple juice
$\frac{3}{4}$ cup grapefruit juice	1 tablespoon arrowroot or
5 cloves	cornstarch
2-inch piece of cinnamon	$\frac{1}{8}$ cup cold water
$\frac{1}{8}$ teaspoon salt	$\frac{1}{4}$ cup sugar

Add cloves and cinnamon to orange and grapefruit juices. Let stand several hours or overnight in a cool place. Bring pineapple juice to boiling point. Add arrowroot or cornstarch mixed with cold water. Cook 3 minutes, add sugar, salt, and fruit juices. Strain, pack in ice and salt, or in drawer of refrigerator until very cold. Serves 4 to 6.

CHAPTER 16

STUFFINGS, GARNISHES AND RELISHES

The amount of stuffing to be used cannot be definitely stated since fowl vary in body structure even with the same weight. As a general basis, allow 4 cups stuffing for 5-pound chicken, 12 cups or more for 10-pound turkey, about 3 cups for duck, 2 to 4 tablespoons to a squab, 1 cup for 4-pound boned fish.

PLAIN STUFFING (Basic Recipe)

4 cups bread crumbs or
half cracker crumbs
 $\frac{1}{2}$ cup melted butter or
savory fat such as bacon,
sausage or chicken

1 teaspoon salt
Seasoning

Mix ingredients lightly with fork. Season to taste. If a compact stuffing is desired, moisten with hot water or scalded milk.

Savory Stuffing. Season to taste with minced onion, sage, chopped parsley, chives, summer savory, celery seed, marjoram, thyme, or poultry dressing or any combination.

Celery Stuffing I. Add 1 cup finely cut celery.

Corn Bread Stuffing. Use stale corn bread crumbs.

Cracker Stuffing. Make with cracker crumbs.

Egg Stuffing. Add 2 cups scalded milk and 2 eggs slightly beaten.

Giblet Stuffing. Cover giblets with 1 quart cold water. Bring slowly to boiling point. Simmer until tender, removing liver as soon as tender. Chop and add.

Onion Stuffing. Parboil 6 onions 10 minutes. Drain, chop fine and add to dressing with 1 egg slightly beaten.

Oyster Stuffing I. Wash 1 pint oysters and remove tough muscles. Add to dressing with $\frac{1}{4}$ cup oyster liquor. Season with salt, pepper, and mace.

Oyster Stuffing II. Make with cracker crumbs. For each cup of crumbs add 1 cup washed oysters (tough muscle removed), $1\frac{1}{2}$ teaspoons lemon juice, and $1\frac{1}{2}$ tablespoons finely chopped parsley. Moisten with oyster liquor.

Raisin and Nut Stuffing. Add 1 cup seeded raisins, cut in pieces and 1 cup English walnut meats, broken in pieces.

NEW ENGLAND STUFFING

12 slices bread, $\frac{1}{2}$ inch thick	1 egg, well beaten
Stock or water to moisten	Salt
2-inch cube fat salt pork, finely chopped	Pepper
	Sage or poultry seasoning

Remove crusts from bread. Toast. Chop, moisten with stock. Add pork, egg, and seasonings.

POTATO STUFFING

2 cups hot mashed potato	$1\frac{1}{2}$ teaspoons salt
$1\frac{1}{4}$ cups soft, stale bread crumbs	1 teaspoon sage
$\frac{1}{8}$ cup melted butter	$\frac{1}{4}$ cup finely chopped fat salt pork
1 egg	1 onion, finely chopped

With Giblets. Add $\frac{1}{2}$ cup giblets, cooked and finely chopped.

CELERY STUFFING II

1 cup fine, dry bread crumbs	1 tablespoon parsley
$\frac{1}{4}$ cup chopped celery	$\frac{1}{8}$ teaspoon savory seasoning
1 tablespoon butter	$\frac{1}{8}$ teaspoon celery seed
1 tablespoon minced onion	$\frac{1}{4}$ teaspoon salt
Few grains pepper	

Cook celery, onion, and parsley in butter 3 minutes. Add other ingredients.

MINT OR WATERCRESS STUFFING

3 cups fine, dry bread crumbs	3 tablespoons chopped celery
$\frac{1}{2}$ cup fresh mint leaves or	$1\frac{1}{2}$ tablespoons chopped onion
$1\frac{1}{2}$ cups finely cut watercress	$\frac{3}{4}$ teaspoon salt
6 tablespoons butter	$\frac{1}{8}$ teaspoon pepper

Cook onion and celery 2 minutes in 3 tablespoons butter. Add mint or cress and seasonings. Cook until water evaporates. Add 3 tablespoons melted butter to crumbs and combine ingredients.

PLAIN MUSHROOM STUFFING

$\frac{1}{2}$ cup bread crumbs	$\frac{1}{3}$ cup mushrooms, cut in pieces
3 tablespoons melted butter	Salt and pepper

MUSHROOM AND EGG STUFFING

6 slices bread, $\frac{1}{2}$ inch thick	1 hard-cooked egg, chopped
Stock or water to moisten	$\frac{1}{4}$ pound mushrooms, sliced and
2-inch cube fat salt pork,	sautéed in butter
finely chopped	Salt and pepper

SAVORY MUSHROOM STUFFING

$\frac{3}{4}$ cup finely chopped mushrooms, fried in butter	$\frac{1}{8}$ teaspoon pepper
Few drops onion juice	Few grains cayenne
1 cup stale bread crumbs	Few grains nutmeg
$\frac{3}{4}$ teaspoon salt	$\frac{1}{2}$ tablespoon chopped parsley
$\frac{1}{8}$ teaspoon celery salt	$\frac{1}{2}$ teaspoon chopped chives
	2 tablespoons melted butter
	$\frac{1}{2}$ cup stock or water

PEANUT STUFFING

$\frac{3}{4}$ cup cracker crumbs	2 tablespoons butter
$\frac{1}{2}$ cup shelled peanuts, finely chopped	Few drops onion juice
$\frac{1}{2}$ cup heavy cream	Salt and pepper
	Cayenne

APPLE STUFFING

$\frac{1}{4}$ cup diced salt pork	$\frac{1}{4}$ cup chopped parsley
$\frac{1}{2}$ cup chopped celery	5 tart apples, diced
$\frac{1}{2}$ cup chopped onion	$\frac{1}{2}$ cup sugar
1 cup fine, dry bread crumbs	Salt and pepper

Fry pork until crisp, remove pieces. Cook celery, onion, and parsley in fat 3 minutes and remove. Put apples in fat, sprinkle with sugar, cover, and cook slowly until tender. Uncover and cook until glazed. Add crumbs, salt pork scraps, and cooked vegetables, and season.

APPLE AND PRUNE STUFFING I

Use equal amounts of whole prunes and sliced apple rings. Let prunes stand 5 minutes in boiling water. Fill bird $\frac{3}{4}$ full, as fruit will swell.

APPLE AND PRUNE STUFFING II

- | | |
|---|------------------------------|
| 1 large apple, peeled, cored,
and sliced | $\frac{1}{2}$ pound prunes |
| 2 tablespoons cracker crumbs | 2 tablespoons seeded raisins |
| $\frac{1}{8}$ teaspoon salt | $\frac{1}{4}$ teaspoon sugar |
| | $\frac{1}{2}$ egg, beaten |

Pour boiling water over prunes and raisins. Let stand 5 minutes. Remove prune stones. Add crumbs, seasonings, and egg. Add apples.

CHESTNUT STUFFING

- | | |
|---|-------------------------|
| 3 cups boiled French chestnuts (p. 458) | $\frac{1}{4}$ cup cream |
| $\frac{1}{2}$ cup butter | Salt, pepper |
| 1 cup cracker crumbs | |

Force chestnuts through ricer. Add half the butter and cream. Season. Melt remaining butter, mix with crumbs. Combine mixtures.

SAUSAGE AND CHESTNUT STUFFING

- | | |
|----------------------------------|--|
| 1 small onion, finely chopped | $\frac{1}{4}$ teaspoon pepper |
| 2 tablespoons butter | $\frac{1}{8}$ teaspoon powdered thyme |
| $\frac{1}{2}$ pound sausage meat | 2 teaspoons parsley, finely
chopped |
| 4 dozen French chestnuts | |
| 2 teaspoons salt | 1 cup fresh bread crumbs |

Cook onion in butter 3 minutes. Add sausage meat. Cook 5 minutes. Boil chestnuts (p. 458) and mash half of them. Add to first mixture with remaining ingredients. When thoroughly blended, add whole chestnuts.

GARNISHES FOR FISH, MEAT, AND POULTRY



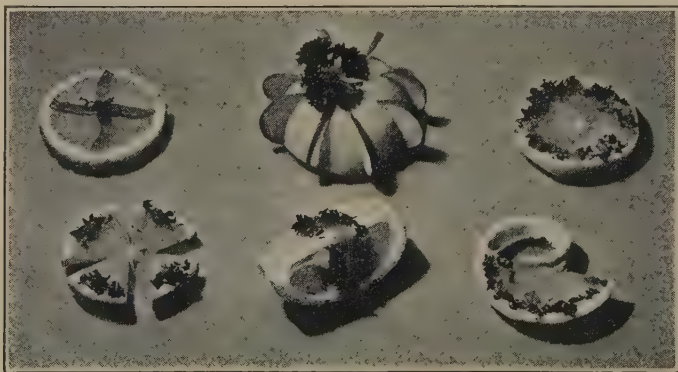
Vegetables, Truffles, Eggs, and Almonds for Garnishing

Parsley, watercress, celery tops, fresh mint leaves.

Almonds, arranged like the petals of a flower or chopped (for fish).

Hard-cooked eggs, in strips, chopped or cut like a flower (also good for vegetables, such as spinach).

Lemons, especially for fish. Wash, wipe, and cut in crosswise slices, lengthwise sections, fan-shaped pieces, cups, or baskets.



Lemons Are the Best Garnish for Fish

Decorate with sprigs of parsley, finely chopped parsley, paprika, canned pimiento (cut in strips or fancy shapes), sliced radishes, or red portion of radishes, chopped or cut in fancy shapes.

Truffles, cut in fancy shapes, especially to decorate a cold entrée, such as Chaudfroid of Chicken.

Vegetables, cooked and cut in fancy shapes with French vegetable cutters. Raw vegetables may be cut in the same way, to be cooked in soup.

RELISHES

Radishes (p. 499). **Celery** (p. 499). **Stuffed Celery** (p. 115). **Relishes and Pickles** (p. 755).

CARROT SLICES

Cut raw carrot in thin slices, lengthwise. Crisp in slightly salted ice water. Drain thoroughly.

CUCUMBER STICKS

Cut cucumber in pieces about the thickness of a pencil and 4 inches long. Crisp in salted ice water. Drain thoroughly.

RELISH BOWL FOR SUMMER

Fill shallow bowl with crushed ice. Stick in, upright, celery stalks, carrot slices, and cucumber sticks.

FRIED APPLE RINGS

Core tart apples. Pare or not, as desired. Cut in half-inch slices. Sauté in butter, bacon, or sausage fat until tender but not broken, turning once.

CINNAMON APPLES (p. 54)

BOILED CIDER APPLE SAUCE

Pare, quarter, and core apples, put in bean pot or casserole, and sprinkle each layer with raisins. Add boiled cider to cover apples, put on cover, and bake 3 or 4 hours in very slow oven (250° F.) or until very tender and very dark in color. Or cook slowly on top of the stove.

STUFFED APPLES

Core, stuff with sausage meat mixed with half the quantity of bread crumbs. Bake. Serve with roast duck or goose.

BEEF RELISH

1 cup chopped, cold, cooked beets	2 tablespoons lemon juice
3 tablespoons grated horse-radish root	2 teaspoons powdered sugar
	1 teaspoon salt

Mix ingredients in order given. Canned beets may be used in place of fresh ones, and bottled horse-radish, if of strong flavor and well drained.

CELERY RELISH

1½ cups chopped celery	1 teaspoon salt
4 teaspoons powdered sugar	½ teaspoon mustard
¼ cup vinegar	

Mix ingredients in order given. Cover and let stand in a cold place 1½ hours. Drain off the liquid before serving. When preparing celery, include some of the small, tender leaves.

CRANBERRY SAUCE

3 cups cranberries	1¼ cups sugar	1 cup boiling water
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Pick over and wash cranberries. Cook with sugar and water 10 minutes. Watch to prevent boiling over. Skim and cool.

CRANBERRY JELLY

4 cups cranberries	2 cups boiling water	2 cups sugar
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Pick over and wash cranberries. Add water and boil 20 minutes. Rub through sieve, cook 3 minutes, add sugar, and cook 2 minutes. Mold and chill.

SPICED CRANBERRY JELLY

1 quart cranberries	2-inch piece stick cinnamon
1 cup boiling water	24 whole cloves
2 cups sugar	6 allspice berries
½ cup cold water	Few grains salt

Pick over and wash berries. Add boiling water and spices and boil until cranberries are soft. Rub through a sieve and add

remaining ingredients. Bring to boiling point and simmer 15 minutes. Turn into a mold, and chill.

CRANBERRY JELLY WITH CELERY

4 cups cranberries	1 cup boiling water
2 cups sugar	1½ cups celery, cut fine

Pick over and wash cranberries. Add sugar and water and boil 20 minutes. Strain. When mixture begins to thicken, fold in 1½ cups celery, cut crosswise of stalks in 1/8-inch slices. Turn into a mold or molds and chill. Remove from molds and garnish with curled celery.

BAKED CRANBERRIES

1 cup cranberries	¾ cup sugar
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Pick over and wash cranberries. Arrange in baking dish. Bake in slow oven (300° F.).

CRANBERRY RELISH

2 cups cranberries	¾ cup sugar
1 whole orange	

Pick over and wash cranberries. Cut orange, remove seeds. Put cranberries and orange through food chopper. Add sugar. Mix thoroughly. Let stand 30 minutes or more.

STUFFED PRESERVED ORANGES

Oranges	Candied cherries
Raisins	Candied pineapple

Wipe oranges, make 3 holes through each orange at right angles to one another, using a pencil-shaped vegetable cutter. Stuff with fruit, filling center first. Cover with boiling water and boil 20 minutes. Drain, cover with water, and repeat 3 times. Strain, cover with a sirup made of 2 parts sugar to 1 part water and cook to 220° F. Let stand until cold. Again bring to boiling point and cook to 220° F. Cool and repeat until skin is tender enough to pierce with toothpick. Bring to boiling point. These oranges may be put into sterilized jars and sealed.

BAKED ORANGES

Cover with cold water, bring to boiling point, simmer $\frac{1}{2}$ hour. Cut slice off top, put 1 teaspoon sugar in each and bake in pan with turkey.

PHILADELPHIA RELISH

2 cups cabbage, finely shredded	$\frac{1}{4}$ teaspoon mustard seed
2 green peppers, finely chopped	$\frac{1}{2}$ teaspoon salt
1 teaspoon celery seed	2 tablespoons brown sugar
$\frac{1}{4}$ cup vinegar	

Mix ingredients in order given.

**PEARS, PEACHES, OR APRICOTS,
PIQUANT**

Arrange canned fruit halves on broiler or shallow baking pan, cut side up. Drain crushed pineapple and put 1 teaspoonful in each half. Sprinkle with French dressing and broil until thoroughly heated.

SAUTÉED PINEAPPLE

Drain canned, sliced pineapple from sirup and dry on a towel. Sauté in butter until delicately browned.

GLAZED PINEAPPLE

Empty a can of sliced pineapple into a shallow granite-ware baking pan, not allowing slices to overlap one another. Place over very slow heat and simmer 2 or 3 hours, or until pineapple is almost transparent. Garnish center of each with a glacéed cherry.

PRUNES IN BACON

Steam prunes until tender but not soft. Remove pits. Wrap in half slice of bacon. Arrange on skewer and bake in hot oven until bacon is crisp. Remove from skewer and serve on platter around meat.

Chutney Prunes. Stuff with chutney before wrapping in bacon.

DEVEILED ALMONDS

$\frac{2}{3}$ cup blanched and shredded almonds	2 tablespoons chopped pickles
Butter	1 tablespoon Worcestershire Sauce
1 tablespoon chutney	$\frac{1}{4}$ teaspoon salt
Few grains cayenne	

Fry almonds until well browned, using enough butter to prevent almonds from burning. Mix remaining ingredients, pour over nuts, and serve as soon as thoroughly heated.

DEVEILED RAISINS

Remove stems from large selected raisins and cook in hot salad oil until plump. Drain on brown paper and sprinkle with salt and paprika.

FRAPPÉS**CLAM FRAPPÉ**

20 clams $\frac{1}{2}$ cup cold water

Wash clams thoroughly, changing water several times; put in stewpan with cold water, cover closely, and steam until shells open. Strain liquor, cool, and freeze (p. 576).

CRANBERRY FRAPPÉ

1 quart cranberries 2 cups sugar
2 cups water Juice 2 lemons *

Cook cranberries and water 8 minutes; then force through a sieve. Add sugar and lemon-ice, and freeze (p. 576).

FROZEN CRANBERRIES

4 cups cranberries $2\frac{1}{4}$ cups sugar $1\frac{1}{2}$ cups boiling water

Pick over and wash cranberries, add water and sugar, and cook 10 minutes, skimming during the cooking. Rub through a sieve, cool, and freeze (p. 576).

CRÈME DE MENTHE ICE

To Lemon Ice (p. 579) add 2 tablespoons Crème de Menthe and freeze (p. 576).

CURRENT ICE

4 cups water $1\frac{1}{2}$ cups sugar 2 cups currant juice

Boil sugar and water 5 minutes. Add juice, cool, and freeze (p. 576).

GERMAN PUNCH

2 cups water	1 cup sugar
$1\frac{3}{4}$ cups tomatoes	3 tablespoons lemon juice
3 apples, cored, pared, and chopped	Piece ginger root
	3 tablespoons maraschino

Mix ingredients, except sirup, and cook 35 minutes. Rub through a sieve, add maraschino, and freeze to a mush (p. 576).

POMONA FRAPPÉ

$1\frac{3}{4}$ cups sugar	1 quart sweet cider
4 cups water	2 cups orange juice
	$\frac{1}{2}$ cup lemon juice

Boil sugar and water 5 minutes. Add cider, orange juice, and lemon juice. Cool, strain, and freeze (p. 576).

OTHER ACCOMPANIMENTS FOR FISH AND MEAT

Apple Sauce (p. 54)	Fruit Sherbets (p. 580)
Baked Apples (p. 53)	Noodles (p. 384)
Baked Peaches (p. 56)	Ravioli (p. 383)
Baked Pears (p. 56)	Relishes and Pickles (p. 755)
Baked or Steamed Hominy (p. 62)	Sautéed Bananas (p. 55)
Cinnamon Apples (p. 54)	Sautéed Chestnuts (p. 459)
Conserves (p. 748)	Tart Jellies (p. 746)
Yorkshire Pudding (p. 271)	

CHAPTER 17

SAUCES FOR FISH, MEAT AND VEGETABLES

Use a saucepan of correct size. A wire whisk is a great help in keeping a sauce mixture smooth.

Store left-over sauce in narrow jar and cover with thin layer of melted butter to keep smooth. *Roux* is a mixture of flour and fat used to thicken a sauce. In a *White Roux*, the fat and flour are not browned, in *Brown Roux*, both fat and flour are browned.

Pimiento Purée. Drain canned pimientos. Force through purée strainer.

Tomato Purée. Use canned tomato soup, Italian tomato paste, or drain canned tomatoes, stew, strain, and cook until thick.

WHITE SAUCE

2 tablespoons butter	1 cup milk
2 tablespoons flour	$\frac{1}{4}$ teaspoon salt
Few grains pepper	

Melt butter, add flour mixed with seasonings, stir until well blended. Pour on milk gradually, while stirring constantly. Bring to boiling point. Boil 2 minutes.

Cream Sauce. Use cream instead of milk. If thick, reduce flour.

Savory Cream Sauce. Add $\frac{1}{4}$ teaspoon paprika, few drops onion juice, and $\frac{1}{4}$ teaspoon dry mustard with flour.

Brown Almond Sauce. Brown $\frac{1}{4}$ pound almonds blanched and chopped in butter. Add flour, seasonings and cream. Thin with more cream (about 1 cup).

White Sauce with Egg. Just before serving, stir in 1 slightly beaten egg yolk.

Celery Sauce. Cook $1\frac{1}{2}$ cups celery, cut in thin slices, until soft. Rub through sieve and add to sauce. Use all milk or half chicken stock or celery water in making sauce.

Cheese Sauce. Add $\frac{3}{4}$ cup mild cheese, grated or cut in small cubes. Reheat until cheese melts.

Curry Sauce. Mix 1 teaspoon curry powder and $\frac{1}{4}$ teaspoon grated ginger root with flour. Season highly to taste with onion juice and paprika.

Lobster Sauce. Add 1 teaspoon meat extract, $\frac{1}{2}$ cup lobster diced, and the coral from one lobster to sauce made with cream. (For other lobster sauces, see pp. 195, 202.)

Onion Sauce. Cook 2 slices onion or 1 Bermuda onion, finely chopped, with the butter for 3 minutes. Strain before serving. If desired, stir in 1 slightly beaten egg yolk just before serving.

Pimiento Sauce. Use $\frac{2}{3}$ cup of milk and $\frac{1}{3}$ cup canned pimientos forced through purée strainer.

Truffle Sauce. Use $\frac{2}{3}$ cup milk and $\frac{1}{3}$ cup cream. Add 1 tablespoon chopped truffle and 1 tablespoon Madeira.

THIN WHITE SAUCE

1 tablespoon butter	1 cup milk
1 tablespoon flour	$\frac{1}{4}$ teaspoon salt
Few grains pepper	

Melt butter, add flour mixed with seasonings, stir until well blended. Pour milk on gradually, while stirring constantly. Bring to boiling point. Boil 2 minutes.

THICK WHITE SAUCE

Follow recipe for Thin White Sauce, but use 3 tablespoons butter and 3 tablespoons flour.

HOT TARTARE SAUCE

$\frac{1}{2}$ cup White Sauce	$\frac{1}{2}$ teaspoon vinegar <i>or</i>
$\frac{1}{3}$ cup Mayonnaise (p. 490)	tarragon vinegar
$\frac{1}{2}$ shallot, finely chopped,	Pickles } $\frac{1}{2}$ tablespoon each,
<i>or</i>	Olives } finely chopped
$\frac{1}{4}$ tablespoon finely chopped	Parsley }
onion	1 tablespoon capers

To White Sauce, add other ingredients. Stir constantly until thoroughly heated, but do not bring to boiling point.

NEWBURG SAUCE

1 tablespoon butter	2 egg yolks
1 teaspoon flour	2 tablespoons sherry
$\frac{1}{2}$ cup cream	Salt and pepper

Melt butter, add flour and cream. Cook and stir until thickened. Just before serving, add egg yolks and sherry. Season and heat. If shrimp, lobster, etc. are to be heated in sauce, add before adding egg yolks.

RICE SAUCE

3 tablespoons rice	3 cloves
2 cups milk	2 tablespoons butter
$\frac{1}{2}$ onion	Salt and pepper

Wash rice, add to milk, and cook in double boiler until soft. Rub through fine strainer, return to double boiler, add onion stuck with cloves, and cook 15 minutes. Remove onion, add butter, salt, and pepper.

BREAD SAUCE

2 cups milk	$\frac{1}{2}$ tablespoon salt
$\frac{1}{3}$ cup fine, stale bread crumbs	Few grains cayenne
1 onion	3 tablespoons butter
6 cloves	$\frac{1}{2}$ cup coarse, stale bread crumbs

Scald milk in double boiler 30 minutes with fine crumbs and onion stuck with cloves. Remove onion, add salt, cayenne, and 2 tablespoons butter. Sprinkle with coarse crumbs browned in remaining butter.

BÉCHAMEL SAUCE

1 $\frac{1}{2}$ cups Veal or Chicken Stock (p. 150)	6 peppercorns
1 slice onion	$\frac{1}{4}$ cup butter
1 slice carrot	$\frac{1}{4}$ cup flour
Bit of bay leaf	1 cup scalded milk
Sprig of parsley	$\frac{1}{2}$ teaspoon salt
$\frac{1}{8}$ teaspoon pepper	

Cook stock 20 minutes with onion, carrot, bay leaf, parsley, and peppercorns, then strain; there should be 1 cupful. Melt butter, add flour, and gradually hot stock and milk. Season with salt and pepper. Equal parts of stock and milk may be used.

Yellow Béchamel Sauce. Add 1 slightly beaten egg yolk diluted with small quantity of hot sauce.

BERCY SAUCE

3 tablespoons butter	2 tablespoons flour
1 tablespoon finely chopped shallot	1 cup Veal or Chicken Stock (p. 150) or Fish Stock (p. 160) or half each

Cook shallot in 1 tablespoon butter 5 minutes. Add flour, stir until well blended, and pour on stock gradually. Add remaining butter and season to taste.

DRAWN BUTTER SAUCE

$\frac{1}{3}$ cup butter	$\frac{1}{2}$ teaspoon salt
3 tablespoons flour	$\frac{1}{8}$ teaspoon pepper
$1\frac{1}{2}$ cups hot water or Fish Stock (p. 160)	1 teaspoon lemon juice

Melt half the butter, add flour with seasonings. Pour on hot water gradually. Boil 5 minutes. Add remaining butter in small bits.

Anchovy Drawn Butter. Season with anchovy essence or paste.

Caper Sauce. Add $\frac{1}{2}$ cup capers drained from their liquor.

Egg Sauce I. Add 2 hard-cooked eggs cut in $\frac{1}{4}$ -inch slices.

Egg Sauce II. Add 2 yolks and 1 teaspoon lemon juice.

Shrimp Sauce. Add 1 egg yolk and $\frac{1}{2}$ cup canned or fresh cooked shrimps cleaned and cut in pieces.

VELOUTÉ SAUCE

2 tablespoons butter	$\frac{1}{4}$ teaspoon salt
3 tablespoons flour	$\frac{1}{3}$ cup cream
1 cup Veal or Chicken Stock (p. 150)	Few grains pepper

Melt butter, add flour and seasonings, stir until well blended. Add stock slowly, stirring constantly. Bring to boiling point. Boil 2 minutes. Add cream. For a simpler sauce, use 2 tablespoons flour and omit cream.

Suprême or Poulette Sauce. Just before serving, stir in 1 egg yolk. Season to taste with 1 tablespoon mushroom liquor and $\frac{3}{4}$ teaspoon lemon juice. Add 6 mushroom caps, sliced, if desired.

Sauce Allemande. Add 3 tablespoons grated Parmesan cheese to Suprême Sauce.

Mousseline Sauce. Add 2 egg yolks and 1 tablespoon lemon juice.

Lobster Velouté. Use lobster stock made from body bones and claws. Season with salt, paprika, and lemon juice. Just before serving, add $\frac{1}{2}$ cup diced lobster. Add 2 egg yolks, slightly beaten, if desired.

Olive and Almond Sauce. Just before serving, add $\frac{1}{4}$ cup shredded almonds, 1 teaspoon beef extract, 8 olives, stoned and quartered, and $\frac{1}{2}$ tablespoon lemon juice.

Russian Sauce. Before adding cream, add $\frac{1}{2}$ teaspoon finely chopped chives, $\frac{1}{2}$ teaspoon prepared mustard, and 1 teaspoon grated horse-radish. Cook 2 minutes. Strain, add cream, and 1 teaspoon lemon juice. Reheat.

Soubise Sauce. Cook 2 cups sliced onions 5 minutes in boiling water to cover, drain, again cover with boiling water, and cook until soft. Drain, rub through sieve, and add to sauce. Season. Reheat.

Mushroom Sauce. Add 5 mushroom caps, sliced. Cook 5 minutes. Season. Add chopped truffle, if desired.

NORMANDY SAUCE

2 tablespoons butter
2 tablespoons flour
1 cup Fish Stock (p. 160)

2 egg yolks
1 tablespoon lemon juice
Salt, pepper, cayenne

Melt butter, add flour and seasonings, stir until well blended. Stir in stock slowly. Bring to boiling point. Pour over egg yolks and season.

Sauce Verte. Color green with vegetable coloring. If desired, add 2 tablespoons Sauterne.

Martin Sauce. Omit lemon juice. Season to taste with grated cheese and Madeira.

PEANUT BUTTER SAUCE (BROWN NUT SAUCE)

2 tablespoons butter	1½ cups Chicken Stock (p. 151)
2 tablespoons peanut butter	½ teaspoon salt
3½ tablespoons flour	Few grains pepper

Brown butter, add peanut butter, and when well mixed add flour and continue browning; then pour on stock gradually, while stirring constantly. Bring to boiling point and add salt and pepper.

ROBERTS SAUCE

¾ tablespoon butter	2 chopped pickles
3 shallots, finely chopped	½ tablespoon chopped capers
½ tablespoon flour	1 teaspoon olives, chopped
1 tablespoon vinegar	½ teaspoon prepared mustard
½ cup Veal or Chicken Stock (p. 150)	¼ teaspoon salt
	Few grains cayenne

Melt butter, add shallots and flour, and cook 5 minutes. Add other ingredients and cook 10 minutes, stirring constantly.

BROWN SAUCE *or* BROWN GRAVY

2 tablespoons butter or bacon fat	1 cup Brown Stock (p. 144) or water
½ slice onion, if desired	¼ teaspoon salt
3 tablespoons flour	⅛ teaspoon pepper

Cook onion in butter until slightly browned; remove onion and stir butter constantly until well browned; add flour mixed with seasonings, and brown the butter and flour together. Add stock gradually, bring to boiling point, and boil 2 minutes.

Anchovy Sauce. Season with anchovy essence or paste.

Brown Mushroom Sauce I. Add 1 cup mushrooms, sliced and cooked in butter. If canned mushrooms are used, add some of the liquor.

Chestnut Sauce. Add ½ cup boiled French chestnuts.

Currant Jelly Sauce. Omit onion. Melt ¼ glass currant jelly in sauce. Season with 2 tablespoons sherry, or Port wine.

Estragon Sauce. Season with tarragon vinegar.

Olive Sauce. Cook 5 stuffed olives 5 minutes in boiling water. Drain, slice, and add to sauce.

Sauce Piquante. Add 1 tablespoon vinegar, $\frac{1}{2}$ small shallot, finely chopped, 1 tablespoon capers, 1 tablespoon chopped pickle, and a few grains cayenne.

CREOLE SAUCE

2 tablespoons chopped onion	2 tomatoes or $\frac{1}{2}$ cup canned tomatoes
4 tablespoons green pepper, finely chopped	$\frac{1}{4}$ cup sliced mushrooms
2 tablespoons butter	$1\frac{1}{3}$ cups Brown Sauce
6 olives, stoned	Salt and pepper
	Sherry

Cook onion and pepper with butter 5 minutes; add tomatoes, mushrooms, and olives, and cook 2 minutes; then add Brown Sauce. Bring to boiling point. Add sherry to taste.

BORDELAISE SAUCE

2 tablespoons butter	Parsley
1 shallot, finely chopped	Bit of bay leaf
1 slice onion	8 peppercorns
2 slices carrot	1 clove
1 cup Brown Stock (p. 144)	

Cook vegetables and seasonings with butter until well browned. Add to stock, simmer 8 minutes, and strain.

Sauce Espagnole. Before adding stock, stir in 3 tablespoons flour and cook until well browned. Add stock. Bring to boiling point, strain, and season to taste with salt and pepper.

ORANGE SAUCE

$\frac{1}{4}$ cup butter	Few grains cayenne
$\frac{1}{4}$ cup flour	$\frac{2}{3}$ cup orange juice
$1\frac{1}{3}$ cups Brown Stock (p. 144)	2 tablespoons sherry
$\frac{1}{2}$ teaspoon salt	Rind 1 orange, grated or cut in fancy shapes

Brown butter, add flour, salt, and cayenne, and stir until well browned. Add stock gradually and, just before serving, orange juice, sherry, and rind.

REFORME SAUCE

$\frac{3}{4}$ cup Brown Stock (p. 144)	6 mushroom caps, sliced
2 gherkins, cut in thin slices	White 1 hard-cooked egg,
1 small truffle, cut in thin slices	cut in thin strips
Salt	

Combine ingredients, bring to boiling point, and simmer 5 minutes.

SPANISH SAUCE

2 tablespoons finely chopped, lean, raw ham or bacon	4 tablespoons butter, or 2 tablespoons if bacon is used
2 tablespoons chopped celery	4 tablespoons flour
2 tablespoons chopped carrot	1 $\frac{1}{2}$ cups Brown Stock (p. 144)
1 tablespoon chopped onion	$\frac{2}{3}$ cup stewed tomatoes

Cook ham or bacon and vegetables with butter until butter is well browned; add flour, stir. Then add stock and tomatoes; cook 5 minutes, and strain or not, as desired.

TOMATO SAUCE

2 cups tomatoes, cooked or canned	3 tablespoons butter
1 slice onion	3 tablespoons flour
	Salt, pepper

Cook onion and tomato 15 minutes, and strain. Brown butter, add flour, and, when well blended, tomato. Bring to boiling point.

BROWN TOMATO SAUCE

2 tablespoons butter	1 cup tomatoes, cooked 20 minutes
2 tablespoons flour	$\frac{1}{2}$ cup Brown Stock (p. 144)

Brown butter, add flour and, very gradually, strained tomatoes and stock. Season to taste. Bring to boiling point.

Savory Tomato Sauce. Add 1 slice onion, 1 slice carrot, bit of bay leaf, sprig of parsley, and 4 cloves. Cook 10 minutes. Strain.

ITALIAN TOMATO SAUCE I

4 tablespoons Italian tomato paste	1 $\frac{1}{4}$ cups water
	2 tablespoons flour

Add 1 cup water to paste. Mix flour with $\frac{1}{4}$ cup cold water. Stir until smooth. Add to tomato mixture. Cook 2 minutes, stirring constantly.

ITALIAN TOMATO SAUCE II

$\frac{1}{3}$ cup butter	Few grains pepper
1 onion, finely chopped	1 small can Italian tomato paste
$\frac{3}{4}$ teaspoon salt	2 cups water
$\frac{2}{3}$ pound lean beef, cut in small pieces	

Cook butter, onion, salt, and pepper 8 minutes. Add tomato paste, water, and beef. Cook very slowly $1\frac{1}{2}$ hours. Remove meat before serving.

MEXICAN TOMATO SAUCE

1 onion, finely chopped	2 tomatoes, peeled and cut in pieces
2 tablespoons butter	
1 red pepper	1 teaspoon Worcestershire Sauce
1 green pepper	$\frac{1}{4}$ teaspoon celery salt
1 clove garlic	Salt

Cook onion in butter 5 minutes. Add other ingredients, except seasonings, and cook 15 minutes. Season.

SAUCE FINISTE

3 tablespoons butter	1 teaspoon lemon juice
$\frac{1}{2}$ teaspoon mustard	$1\frac{1}{2}$ teaspoons Worcestershire Sauce
Few grains cayenne	$\frac{3}{4}$ cup stewed and strained tomatoes

Cook butter until well browned and add remaining ingredients.

TOMATO CREAM SAUCE

2 cups tomatoes	Bit of bay leaf
Sprig of thyme	1 cup Thick White Sauce (p. 192)
1 stalk celery	$\frac{1}{2}$ teaspoon salt
1 slice onion	Few grains cayenne
	$\frac{1}{4}$ teaspoon soda

Cook tomatoes 20 minutes with seasonings. Rub through strainer, add soda and White Sauce.

TOMATO AND MUSHROOM SAUCE I

Add $\frac{1}{2}$ cup mushrooms, sliced, to any plain Tomato Sauce.

TOMATO AND MUSHROOM SAUCE II

2 tablespoons chopped bacon	2 cloves
or uncooked ham	$\frac{1}{2}$ teaspoon peppercorns
1 slice onion	Few gratings nutmeg
6 slices carrot	3 tablespoons flour
Bit of bay leaf	2 cups tomatoes
2 sprigs thyme	$1\frac{1}{2}$ cups Brown Stock (p. 144)
Sprig of parsley	Salt and pepper
1 cup mushrooms, fresh or canned, cut in quarters	

Cook bacon, onion, and carrot 5 minutes; add bay leaf, thyme, parsley, cloves, peppercorns, nutmeg, and tomatoes, and cook 5 minutes. Add flour diluted with enough cold water to pour; as it thickens, dilute with stock. Cover and cook in oven 1 hour. Strain, add salt and pepper to taste, and mushrooms. Cook 5 minutes.

MUSHROOM PURÉE

$\frac{1}{4}$ pound mushrooms	1 cup Chicken Stock (p. 151)
2 tablespoons butter	1 tablespoon flour
Salt and pepper	

Clean mushrooms, break in pieces, and cook 5 minutes in 1 tablespoon butter. Add stock, simmer 5 minutes. Rub through sieve and add to remaining butter and flour cooked together. Season with salt and pepper.

BROWN MUSHROOM SAUCE II

3 tablespoons butter	1 cup cream
Few drops onion juice	$\frac{1}{2}$ pound mushrooms, sliced
3 tablespoons flour	1 teaspoon beef extract
Salt and paprika	

Brown butter slightly, add onion juice and flour. Brown. Pour on cream gradually, while stirring constantly. Add mushrooms, cooked in butter. Season with beef extract, salt, and paprika.

OYSTER SAUCE

1 pint oysters	Milk, water, or Chicken
4 tablespoons butter	Stock (p. 151)
4 tablespoons flour	Salt and pepper

Cook oysters until plump. Remove oysters, measure liquor, and add milk, water, or stock to make $1\frac{3}{4}$ cups. Melt butter, add flour,

stir until well blended. Add oyster liquor gradually, stirring constantly. Boil 2 minutes. Add oysters and season.

RUSSIAN OYSTER SAUCE

3 tablespoons butter	2 egg yolks
4½ tablespoons flour	½ tablespoon vinegar
1 cup oysters	¾ tablespoon lemon juice
Chicken Stock (p. 151)	2 tablespoons capers
½ cup cream	1 tablespoon grated horse-radish
	Salt and pepper

Chop oysters. Cook 5 minutes. Strain. Measure liquor. Add stock to make 1 cup. Melt butter, add flour. When well blended pour on oyster liquor, stock, and cream. Bring to boiling point, add other ingredients.

MOCK HOLLANDAISE

1 cup White Sauce (p. 191)	6 tablespoons butter
2 egg yolks	1 tablespoon lemon juice

Just before serving, stir in egg yolks, butter, 1 tablespoon at a time, and lemon juice.

HOLLANDAISE

½ cup butter	¼ teaspoon salt
2 egg yolks	Few grains cayenne
	1 tablespoon lemon juice

1. Wash butter (p. 27) or not, as preferred. Divide in three pieces. Put 1 piece in heavy bowl with egg yolks and lemon juice. Cook over hot water, stirring constantly with wire whisk until butter melts. Add second piece of butter, and as mixture thickens, third piece. Remove from fire. Season. If mixture curdles, add 2 tablespoons heavy cream or boiling water, drop by drop.

2. Beat butter until creamy. Beat in egg yolks one at a time, and lemon juice. Season. Set bowl over hot water and stir mixture until slightly thickened. Set aside until ready to serve. Add boiling water, a teaspoon at a time, until of desired consistency.

Hollandaise with Water. After adding last bit of butter, add ⅓ cup boiling water slowly and cook 1 minute.

See next page for variations based on Hollandaise.

HOLLANDAISE (Variations)

With Sherry. Add 2 tablespoons just before removing from fire. (**Sauce Trianon**).

With Cream. Add slowly $\frac{1}{3}$ cup heavy cream.

Lobster Hollandaise. Add $\frac{1}{3}$ cup diced lobster.

Horse-radish Hollandaise. Add 4 tablespoons grated horse-radish and 2 tablespoons heavy cream, beaten until stiff.

Anchovy Hollandaise. Season with anchovy paste or essence.

Henriette Sauce. Season with 1 or 2 tablespoons Tomato Purée (p. 191) and $\frac{1}{2}$ tablespoon finely chopped parsley. If desired, add 1 tablespoon Worcestershire Sauce (**Sauce Figaro**).

Sauce Béarnaise I. Add 1 teaspoon each, finely chopped parsley and fresh tarragon, or $\frac{1}{2}$ tablespoon tarragon vinegar.

SAUCE BÉARNAISE II

3 tablespoons water	4 egg yolks, slightly
3 tablespoons tarragon	beaten
vinegar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ onion	$\frac{1}{8}$ teaspoon paprika
4 tablespoons butter, creamed	

Put water, vinegar, and onion in small saucepan. Heat to boiling point. Remove onion. Pour gradually on egg yolks. Add seasonings. Strain. Cook over hot water until beginning to thicken. Add butter, 1 tablespoon at a time, stirring constantly.

VICTOR HUGO SAUCE

$\frac{1}{2}$ teaspoon finely chopped shallot	2 egg yolks
1 tablespoon tarragon vinegar	1 teaspoon lemon juice
$\frac{1}{3}$ cup butter	1 teaspoon meat extract
$\frac{1}{2}$ tablespoon grated horse-radish	

Cook shallot and vinegar 5 minutes. Add $\frac{1}{3}$ butter, egg yolks, lemon juice, and meat extract. Stir and cook over boiling water. As butter melts, add second piece, then third. When thickened, add horse-radish.

CUCUMBER HOLLANDAISE

2 tablespoons white tarragon	$\frac{1}{3}$ cup washed butter
vinegar	$\frac{1}{4}$ teaspoon salt
1 red pepper (from pepper sauce)	Few grains cayenne
2 egg yolks	Cucumber

Cook vinegar with pepper until reduced to 1 tablespoon. Strain into saucepan, add egg yolks and $\frac{1}{3}$ of butter. Stir and cook over boiling water until butter melts. Add remaining butter in pieces, continuing the stirring. Add seasonings and cucumber, pared, chopped, drained, and squeezed in cheesecloth.

LITTLETON SAUCE

1 teaspoon flour	3 egg yolks, well beaten
1 teaspoon mustard	$\frac{1}{4}$ teaspoon salt
1 tablespoon melted butter	Few grains pepper
1 tablespoon vinegar	1 tablespoon currant jelly,
$\frac{1}{2}$ cup boiling water	separated in small pieces
Few grains cayenne	

Mix flour and mustard. Add butter, vinegar, water, and egg yolks. Cook over boiling water, stirring constantly, until thickened. Add seasonings and, just before serving, jelly.

HOT MAYONNAISE

2 egg yolks	$\frac{1}{4}$ cup hot water
2 tablespoons olive oil	Salt
1 tablespoon vinegar	Few grains cayenne
1 teaspoon finely chopped parsley	

Add oil slowly to egg yolks. Pour on gradually vinegar and water. Stir and cook over hot water until thickened. Season. Add parsley.

BEURRE NOIR *or* BLACK BUTTER

$\frac{1}{3}$ cup butter	1 teaspoon lemon juice	Salt and pepper
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Use fat remaining in pan after frying fish or meat and add enough butter to make $\frac{1}{3}$ cup. Stir until well browned. Add lemon juice and seasonings.

Tarter Sauce. Add 1 tablespoon vinegar and 1 tablespoon Worcestershire Sauce.

LEMON BUTTER

$\frac{1}{4}$ cup butter	1 tablespoon lemon juice
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Cream the butter and slowly add lemon juice.

MAÎTRE D'HÔTEL or PARSLEY BUTTER

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ tablespoon finely chopped
$\frac{1}{2}$ teaspoon salt	parsley
$\frac{1}{8}$ teaspoon pepper	$\frac{3}{4}$ tablespoon lemon juice

Work butter with small wooden spoon until creamy. Add salt, pepper and parsley, then lemon juice very slowly. If desired, add 1 tablespoon each, red and green pepper cut in small pieces.

LOBSTER BUTTER

$\frac{1}{2}$ cup butter	Lobster coral
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Clean, wipe, and force coral through a fine sieve. Put in mortar with butter and pound until well blended. This butter is used in Lobster Soup and Sauces to give color and richness.

SAVORY BUTTERS — ANCHOVY, SHRIMP, ETC.

$\frac{1}{4}$ cup butter	1 teaspoon anchovy paste, minced
Few drops onion juice	shrimp, or pimiento, etc.
	Few drops lemon juice

Cream the butter and add other ingredients.

CIDER SAUCE (*For Ham*)

3 tablespoons butter	2 cups ham liquor
4 tablespoons flour	4 tablespoons cider
	Salt and pepper

Melt butter, add flour. Pour on hot ham liquor gradually, while stirring constantly. Bring to boiling point, add cider. Season to taste.

GRAPEJUICE SAUCE (*For Ham*)

1 tablespoon cornstarch	$\frac{3}{4}$ cup hot water
$\frac{1}{4}$ cup cold water	1 cup grape juice
	Juice 1 lemon

Mix cornstarch and cold water, add hot water. Cook until thickened and add fruit juices. Serve hot.

RAISIN SAUCE I (For Ham)

$\frac{1}{2}$ cup brown sugar	$\frac{1}{4}$ cup seedless raisins
$\frac{1}{2}$ tablespoon mustard	$\frac{1}{4}$ cup vinegar
$\frac{1}{2}$ tablespoon flour	$1\frac{3}{4}$ cups water

Mix dry ingredients, add raisins, vinegar, and water. Cook to a sirup.

RAISIN SAUCE II (For Ham)

1 cup sugar	$\frac{1}{2}$ tablespoon Worcestershire
$\frac{1}{2}$ cup water	Sauce
1 cup raisins, seedless or cut in pieces	$\frac{1}{2}$ teaspoon salt
2 tablespoons butter	$\frac{1}{8}$ teaspoon pepper
3 tablespoons vinegar	$\frac{1}{4}$ teaspoon clove
	Few grains mace
	1 glass fruit jelly

Cook sugar and water 5 minutes. Add other ingredients and cook until jelly dissolves.

MUSTARD SAUCE

2 tablespoons butter	1 teaspoon Worcestershire Sauce
1 teaspoon mustard	2 tablespoons Escoffier Sauce Diable
	1 tablespoon heavy cream

Melt butter, add mustard and sauces and stir until smooth. Add cream. Serve hot. This sauce should be of consistency of heavy cream. If it thickens too much, dilute with more cream.

MINT SAUCE

$\frac{1}{4}$ cup finely chopped mint leaves	1 tablespoon powdered sugar
	$\frac{1}{2}$ cup vinegar

Dissolve sugar in vinegar. Pour over mint and let stand 30 minutes in warm place. If vinegar is very strong, dilute with water.

CURRENT MINT SAUCE

Separate $\frac{1}{2}$ tumbler of currant jelly in small pieces, but do not beat. Add $1\frac{1}{4}$ tablespoons finely chopped fresh mint leaves and 1 tablespoon grated orange rind or thin yellow orange rind, cut in fine pieces with scissors.

COLD ORANGE SAUCE

6 tablespoons currant jelly	2 tablespoons orange juice
3 tablespoons sugar	2 tablespoons lemon juice
Grated rind 2 oranges	$\frac{1}{4}$ teaspoon salt
2 tablespoons port wine	$\frac{1}{8}$ teaspoon cayenne

Put first 3 ingredients in bowl and beat 5 minutes; add remaining ingredients and stir until well blended.

HORSE-RADISH SAUCE I

3 tablespoons cracker crumbs	3 tablespoons butter
$\frac{1}{3}$ cup grated horse-radish root	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ cups milk	$\frac{1}{8}$ teaspoon pepper

Cook first 3 ingredients 20 minutes in double boiler. Add butter, salt, and pepper.

HORSE-RADISH SAUCE II

4 tablespoons grated horse-radish	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ tablespoons vinegar	Few grains cayenne
	$\frac{1}{2}$ cup heavy cream

Mix first 4 ingredients and add cream beaten stiff.

EPICUREAN SAUCE

3 tablespoons Mayonnaise (p. 490)	$\frac{1}{2}$ to 1 teaspoon prepared mustard
2 tablespoons grated horse-radish root	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup heavy cream	Few grains cayenne

Beat cream until stiff. Cut and fold in remaining ingredients.

VINAIGRETTE SAUCE

1 teaspoon salt	6 tablespoons olive oil
$\frac{1}{4}$ teaspoon paprika	1 tablespoon chopped green pepper
Few grains pepper	1 tablespoon chopped cucumber pickle
1 tablespoon tarragon vinegar	1 teaspoon finely chopped parsley
2 tablespoons cider vinegar	1 teaspoon finely chopped chives

Combine ingredients. Vary as desired.

COLD SPANISH SAUCE

1½ cups canned tomatoes	Few grains cayenne
¼ onion	3 egg yolks, slightly beaten
Sprig of parsley	3 tablespoons olive or salad oil
Bit of bay leaf	1 tablespoon granulated gelatine
6 cloves	dissolved in ¾ tablespoon tar-
⅓ teaspoon salt	ragon vinegar and ¾ table-
¼ teaspoon paprika	spoon cold water

Cook tomato and seasonings 15 minutes. Rub through sieve. Add olive oil to egg yolks. Combine mixtures, cook over hot water, stirring constantly. Add dissolved gelatine. Strain and cool.

SAUCE TYROLIENNE

¾ cup Mayonnaise (p. 490)	½ tablespoon finely chopped
½ tablespoon capers	parsley
2 tablespoons Tomato Purée (p. 191)	1 finely chopped gherkin

Add seasonings to Mayonnaise.

GUAYMAS SAUCE

½ cup Tomato Sauce (p. 198)	1½ cup Mayonnaise (p. 490)
3 tablespoons shredded olives	

Add Mayonnaise and olives to Tomato Sauce just before serving.

TARTARE SAUCE

¾ cup Mayonnaise (p. 490)	Pickles	} ½ tablespoon each, finely chopped
½ shallot, finely chopped, or	Olives	
¼ tablespoon finely chopped onion	Parsley	
½ tablespoon capers	1 tablespoon tarragon vinegar	

Combine ingredients.

CUCUMBER SAUCE I

2 cucumbers pared, grated, and thoroughly drained	Salt and pepper Vinegar
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Season cucumbers to taste.

CUCUMBER SAUCE II

$\frac{1}{2}$ cup heavy cream	2 tablespoons vinegar
$\frac{1}{4}$ teaspoon salt	1 cucumber, pared, chopped, and
Few grains pepper	thoroughly drained

Chill all ingredients thoroughly. Beat cream until thick but not stiff. Add vinegar gradually to cream while beating constantly. Season and fold in cucumber.

CHAPTER 18

FISH

To Select Fish. A fresh fish has firm and elastic flesh, bright eyes and gills, and a characteristic odor which can only be described as "fresh," but which is easily learned. Fresh fish sinks when put in water.

Allow one pound of solid fish for three persons or one pound for two persons, if bought in the round (with skin and bones).

(Substitute any dry-meated fish in recipes calling for halibut or haddock.)

To Keep Fish. Because of its strong odor, cover fish closely, if put in refrigerator with other food. If fish is not to be used for a day or two, clean it, cut in pieces, and cook for a few minutes in oil.

To Prepare Frozen Fish. Cook without thawing.

To Clean Fish. Fish are cleaned and dressed at market as ordered, but need additional cleaning before cooking. Remove scales which have not been taken off. This is done by drawing a knife over fish, beginning at tail and working toward head, occasionally wiping knife and scales from fish. Incline knife slightly towards you, to prevent scales from flying. The largest number of scales will be found on the flank. Wipe fish thoroughly inside and out with cloth wrung out of cold water, removing any clotted blood which may be found adhering to backbone.

Head and tail may or may not be removed, according to size of fish and manner of cooking. Small fish are often served with head and tail left on.

Whether fish is dressed at home or at market, head, tail, and bones should be retained to make Fish Stock (p. 160).

To Skin Fish. With sharp knife remove fins along the back and cut off a narrow strip of skin the entire length of back. Loosen

skin on one side from bony part of gills. If fish is fresh, skin may be readily drawn off. If flesh is soft, work slowly and carefully, following close to skin with knife, to tear the flesh as little as possible. After removing skin from one side, turn fish and skin the other side.

To Bone Fish. Clean and skin before boning. Beginning at the tail, run a sharp knife under flesh close to backbone, and with knife follow bone (making as clean a cut as possible) its entire length, thus removing half the flesh; turn and remove flesh from other side. Pick out with fingers any small bones that may remain. Cod, haddock, halibut, and whitefish are easily and frequently boned; flounders and smelts occasionally.

To Fillet Fish. Clean, skin, and bone. A piece of fish, large or small, freed from skin and bones, is known as a fillet. Haddock and similar fish are filleted, wrapped in wax paper, and sold fresh, or packed in ice or frozen. When very quickly frozen they are shipped long distances, arriving in as good condition as though freshly caught. Halibut, cut in $\frac{3}{4}$ -inch slices, is often cut in fillets, and fillets are frequently rolled. When flounder is cut in fillets, it is served under the name of fillet of sole. Sole found in English waters is much esteemed, and flounder is our nearest approach to it.

BAKED FILLETS OF FISH

Cut fish in pieces for serving and let stand at room temperature 15 minutes. Dip in well-salted milk (1 tablespoon salt to each cup) and then in finely sifted bread crumbs. Place in oiled or buttered baking pan or oven-proof platter, sprinkle with oil or melted butter (about 1 tablespoon to each pound of fish) and brown quickly (10 to 20 minutes) in very hot oven (550° F.). Use no water in pan. Serve with melted butter, Maître d'Hôtel Butter (p. 204), or Lemon Butter (p. 203), etc.

Bass	Flounder	Mackerel	Pompano	Trout
Bluefish	Hake	Perch	Red Snapper	Tuna
Cod	Haddock	Pickarel	Salmon	Weakfish
Eels	Halibut	Pike	Sole (see Flounder)	etc.

BAKED WHOLE FISH (*Small*)(*Fresh Sardines, Smelts, Brook Trout, etc.*)

For fish weighing a pound or less, clean, remove heads and tails, and cook like Baked Fillets of Fish. They may be seasoned, wrapped in buttered paper or parchment paper and baked.

BAKED STUFFED FISH(*Bass, Bluefish, Cod, Haddock, etc.*)

For fish weighing 3 to 5 pounds, clean and scale, removing head and tail or not, as desired. Rub with salt inside and out. Stuff and sew. Place on fish sheet in dripping pan or on oiled oven-proof platter. If desired, arrange in circle or in "S" shape, fastening with skewer. Bake 10 to 15 minutes in very hot oven (550° F.), then reduce heat as it browns to 425° F., and bake 30 to 45 minutes, according to thickness of fish. Allow 10 minutes to the pound up to 4 pounds, and 5 minutes for each additional pound.

Do not baste oily-meated fish. Baste dry-meated fish every 10 minutes or cover with thin slices of fat salt pork or gash and insert bits of fat salt pork.

Serve with any of the sauces listed below.

Stuffings.

Plain Stuffing (p. 180)	Celery Stuffing I or II (pp. 180, 181)
Mushroom Stuffing (p. 182)	
Savory Mushroom Stuffing (p. 182)	Oyster Stuffing I (p. 180)
	Oyster Stuffing II ¹ (p. 181)

Sauces.

White Sauce (p. 191)	Egg Sauce I or II (p. 194)
Cream Sauce (p. 191)	Bercy Sauce (p. 194)
White Sauce with Egg (p. 191)	Tomato Sauce (p. 198)
Brown Almond Sauce (p. 191)	Sauce Finiste (p. 199)
Onion Sauce (p. 192)	Tomato Cream Sauce (p. 199)
Drawn Butter Sauce (p. 194)	Oyster Sauce (p. 200)
	Shrimp ² Sauce ² (p. 194)

¹ Oyster Stuffing is good with Cod.

² Shrimp Sauce with Bluefish is a particularly delicious combination.

BAKED STUFFED FILLETS OF FISH

Lay fillet on oiled fish sheet in baking dish or on oven-proof platter. Sprinkle with salt, cover with stuffing and with another fillet. Brush with oil or melted butter and bake as for Baked Stuffed Fish.

BROILED FISH

(Cod, Halibut, Pompano, Salmon, Scrod, Swordfish, Whitefish, etc.)

Whole. Split and clean. Remove head and tail or not, as desired. Wipe as dry as possible, sprinkle with salt and pepper. Place on well-greased broiler. Broil on flesh side, turn and broil on skin side, just long enough to make skin brown and crisp.

To remove from broiler, loosen fish on one side, turn and loosen on other side. Slip from broiler onto hot platter or place platter over fish and invert platter and broiler together.

In Slices. Turn often while broiling.

Fillets. Brush with oil, sprinkle with salt and flour, and place on greased broiler or cooky sheet. Broil quickly until brown, then turn and brown other side. To turn on cooky sheet, use two broad spatulas, or put a second cooky sheet over the fillet and invert both sheets together, then remove the first sheet.

Serve with melted butter, Maître d'Hôtel Butter (p. 204), or Lemon Butter (p. 203), etc. Pompano is delicious with Cucumber Hollandaise (p. 202).

SAUTÉED FISH

Clean small fish, leaving on heads and tails. Cut large fish in slices or fillets. Roll in salted flour or granulated corn meal. Put 2 or 3 tablespoons butter or olive oil in frying pan, heat, put in fish, brown on one side, turn, and brown other side. For cod, eel, halibut, etc., try out slices of fat salt pork in frying pan, remove scraps, and sauté in fat. Serve with melted butter, Maître d'Hôtel Butter (p. 204), or Lemon Butter (p. 203), Tarter Sauce (p. 203), Tartare Sauce (p. 207), Creole Sauce (p. 197), Hollandaise (p. 201), Cucumber Hollandaise (p. 202).

Bass	Haddock	Red Snapper
Bullheads	Halibut	Salmon
Cod	Perch	Fresh Sardines
Eels (skin and cut in 2-inch pieces)	Pickarel	Smelts
Flounder	Pike	Brook Trout
	Pompano	Whitebait, etc.

FRIED FISH (*In Deep Fat*)

(Flounder, Smelts, Whitefish, or fillets of Halibut, etc.)

Clean, wipe as dry as possible. Sprinkle with salt, dip in flour, egg, and crumbs, and fry in deep fat (370° F.).

STEAMED FISH

(Cod, Flounder, Hake, Haddock, Halibut, Perch, Pickarel, Pike, Red Snapper, Salmon, Lake Trout, Turbot)

Dry-meated fish are best for boiling or steaming as flesh will remain firm. Unless fish is to be garnished whole, it is better to cut into pieces for serving before boiling or steaming.

Sprinkle fish liberally with salt and steam over boiling water or Court Bouillon (p. 214). If in a large, thick piece, turn once. Steaming is preferable to boiling as little flavor is lost. Save any juice that comes from the fish to use in sauce in place of water. Serve with any sauce suggested under Baked Stuffed Fish (p. 211).

BOILED FISH

Plunge fish (on plate or cover in square of cheesecloth) into boiling Court Bouillon (p. 214) or water to which has been added salt and vinegar or lemon juice. After 5 minutes, add cold water to reduce temperature quickly and simmer until flesh falls away from bones. Allow 6 to 10 minutes per pound, according to whether pieces are thin or thick. Use any sauce suggested under Baked Stuffed Fish.

Court Bouillon or water in which fish was cooked may be used in place of water in making sauce or Fish Stock, or strained to use again.

COURT BOUILLON

$\frac{1}{3}$ cup each carrot, onion, and celery, cut in small pieces	2 cloves
2 sprigs parsley	$\frac{1}{2}$ bay leaf
2 tablespoons butter	1 tablespoon salt
6 peppercorns	2 tablespoons vinegar
	2 quarts water

Cook carrot, onion, celery, and parsley with butter 3 minutes, add remaining ingredients, and bring to boiling point.



*To Keep Fish in Shape during Boiling, Set on Plate or
Inverted Cover in Square of Cheesecloth*

BAKED FILLETS OF BASS WITH BROWN SAUCE

Cut bass into small fillets, sprinkle with salt and pepper, put into shallow pan, cover with buttered paper, and bake 12 minutes in hot oven (400° F.). Arrange in a rice border, garnish with parsley, and serve with Brown Sauce (p. 196) made with water.

BRESLIN BAKED BLUEFISH

Bluefish	2 tablespoons parsley
$\frac{1}{4}$ cup butter, creamed	2 tablespoons capers
2 egg yolks	2 tablespoons lemon juice
2 tablespoons onion, finely chopped	1 tablespoon vinegar
2 tablespoons pickles	$\frac{1}{2}$ teaspoon salt
$\frac{1}{3}$ teaspoon paprika	

Split and bone fish, place on well-buttered sheet or oven-proof platter. Cook 20 minutes in hot oven (400° F.). Combine other ingredients. Spread over fish and continue baking until fish is done.

BLUEFISH À L'ITALIENNE

4-pound bluefish	3 tablespoons mushroom liquor
Salt and pepper	(cook stems in water)
3 tablespoons cooking wine	½ onion, finely chopped
8 mushrooms, finely chopped	

Split and bone fish, put on buttered fish sheet or oven-proof platter, and sprinkle with salt and pepper and other ingredients. Add enough water for basting. Bake 45 minutes in moderately hot oven (375° F.), basting 5 times. Serve with Brown Sauce (p. 196).

FILLETS OF FLOUNDER IN PAPER CASES

Flounder fillets, cut in pieces	Melted butter
Cold cooked ham in ¼-inch slices	Salt and pepper

Trim ham in oblong pieces with rounding corners. Arrange thick piece of fillet on each piece of ham, sprinkle with salt and pepper, put in paper cases, and turn edges, thus preventing escape of juices. Put in pan, brush cases with melted butter, and bake 15 minutes in hot oven (400° F.). Arrange on hot serving plates without removing cases. Serve with melted butter.

FILLETS OF SOLE, À LA MEUNIÈRE I

Dip fillets in salted flour. Sauté in butter until delicately brown. Season liquor remaining in pan with lemon juice and pour over fish. Sprinkle with finely chopped parsley.

FILLETS OF SOLE, À LA MEUNIÈRE II

Melt enough butter in heavy frying pan to cover fillets. When hot, put in fish and cook until delicately brown. Remove fish to hot platter. To ½ cup liquor in pan, add 2 tablespoons flour, ½ cup chicken stock, few drops lemon juice, and 1 tablespoon finely chopped parsley. When well blended, pour over fish.

FILLETS OF SOLE BAKED IN CREAM

Dip fillets in salted flour. Arrange in baking dish. Cover with cream. Bake 15 minutes in hot oven (450° F.). Remove fish to hot platter. Season cream delicately with anchovy essence or beef extract and pour over fish.

FILLETS OF SOLE, ST. MALO

8 fillets of flounder	2 slices onion
1 cup Fish Stock (p. 160)	Bit of bay leaf
$\frac{1}{2}$ cup white wine	Stalk of celery, broken in pieces
$\frac{1}{2}$ pint oysters	Normandy Sauce (p. 195) made
2 slices carrot	with fish liquor left in pan
6 tablespoons Parmesan cheese	

Put fillets in buttered pan, sprinkle with salt and pepper, pour over fish stock and wine. Parboil oysters (p. 251), drain, and put oyster liquor, carrot, onion, bay leaf, parsley, and celery on the fish. Cover with buttered paper and bake 20 minutes in hot oven (400° F.). Remove fillets to oven-proof platter. Pour Normandy Sauce over fillets, place a parboiled oyster on each, sprinkle with cheese, and bake until cheese melts. Serves 6 to 8.

FILLETS OF SOLE, MARGUÉRY

8 fillets of flounder	1 small boiled lobster
Bones and trimmings of fish	18 little neck clams or
Salt and paprika	tiny canned shrimps
$\frac{1}{3}$ cup white wine	$2\frac{1}{2}$ cups cold water
$\frac{1}{4}$ cup grated Parmesan cheese	3 tablespoons butter
3 tablespoons flour	

Put fillets in buttered dripping pan, sprinkle with salt and paprika, and pour over wine. Cover with buttered paper and bake 15 minutes in a moderate oven (350° F.). Put bones and trimmings of fish in saucepan, add bones from a small lobster and 6 clams. Cover with cold water, bring to boiling point, and simmer until stock is reduced to 1 cup. Melt 3 tablespoons butter, add 3 tablespoons flour, and stir until well blended, then pour on gradually fish stock. Bring to boiling point, add $\frac{1}{4}$ cup liquid in which fish has cooked, and season with salt and pepper. Arrange fillets on oven-proof platter, strain over sauce, and garnish with slices of lobster meat, and 12 clams. Sprinkle with cheese and bake until thoroughly heated. Use water and lemon juice in place of wine if desired.



STUFFED TURBANS OF FLOUNDER

8 long fillets of flounder
 $\frac{3}{4}$ cup chopped mushroom stems
 Few drops onion juice
 3 tablespoons butter
 $4\frac{1}{2}$ tablespoons flour
 $\frac{1}{2}$ cup cream

Chopped soft part of 12 oysters
 or $\frac{1}{2}$ cup crab meat
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
 Few grains cayenne
 Few grains mace

Trim and coil fillets around inside of buttered muffin rings, placed in buttered pan. Cook mushrooms and onion juice with butter 1 minute. Add flour and stir until well blended; then add cream gradually, while stirring constantly. Bring to boiling point and add oysters or crab meat and seasonings. Fill muffin rings with mixture, cover with buttered paper, and bake 20 minutes in moderately hot oven (375° F.). Sprinkle with buttered bread crumbs and continue baking until crumbs are brown. Other stuffings may be used. Serves 6 to 8.

SOLE À LA BERCY

8 fillets of flounder
 Salt, pepper, lemon juice
 $\frac{1}{4}$ cup water or white wine

Bercy Sauce (p. 194) made from
 liquor in pan
 Finely chopped parsley

Put fillets into buttered pan, sprinkle with salt, pepper, and lemon juice. Add wine or water. Cover and cook 15 minutes in hot oven (400° F.). Remove to serving dish, pour over Bercy Sauce, and sprinkle with parsley. Serves 6 to 8.

BAKED HADDOCK STUFFED WITH OYSTERS

4-pound haddock	1 egg, slightly beaten
Salt and lemon juice	1 cup buttered cracker crumbs
1 pint oysters	Hollandaise (p. 201)

Remove skin, head, tail, and bones. Sprinkle fillets with salt and brush over with lemon juice. Clean oysters and dip in buttered crumbs, seasoned with salt and pepper. Lay one fillet in greased baking pan, cover with oysters, then with other fillet. Brush with egg, cover with crumbs, and bake 50 minutes in moderate oven (350° F.). Serve with Hollandaise. Serves 8.

HADDOCK À LA METROPOLE

2 haddock fillets	Normandy Sauce (p. 195)
$\frac{1}{2}$ cup heavy cream	$\frac{1}{4}$ teaspoon salt
1 $\frac{1}{4}$ tablespoons Pimiento Purée (p. 191)	$\frac{1}{2}$ cup buttered coarse bread crumbs
$\frac{1}{2}$ tablespoon finely chopped chives	1 $\frac{1}{2}$ tablespoons lemon juice

Arrange fish in buttered pan, brush over with lemon juice, sprinkle with salt and pepper, and pour over sauce. Cover with buttered paper and bake 15 minutes in moderately hot oven (375° F.). Beat cream until stiff, add pimiento purée, chives, and salt. Spread fillets with cream. Sprinkle with buttered crumbs and bake until crumbs are brown. Serves 6 to 8.

BAKED HADDOCK À LA PRESTON

2 haddock fillets	$\frac{1}{2}$ cup buttered bread crumbs
1 $\frac{1}{2}$ tablespoons lemon juice	$\frac{2}{3}$ cup cream or milk
Salt and pepper	Mushroom Stuffing

Brush fish with lemon juice and sprinkle with salt and pepper. Put one fillet in buttered pan or on oven-proof platter, spread with stuffing, cover with remaining fillet, pour over cream or milk, and bake 25 minutes in moderately hot oven (375° F.). Sprinkle with bread crumbs and bake until crumbs are brown. Remove to hot serving dish and strain liquor remaining in pan over it.

Mushroom Stuffing. Mix $\frac{1}{2}$ cup bread crumbs with 3 tablespoons melted butter and $\frac{1}{3}$ cup mushroom caps, cut in pieces, $\frac{1}{2}$ teaspoon salt, and a few grains pepper.

PLANKED HADDOCK

Put two haddock fillets on buttered plank (p. 263), sprinkle with salt and pepper, brush over with melted butter, and bake 30 minutes in hot oven (400° F.). Garnish with mashed potatoes, outlining the original shape of the fish, making as prominent as possible head, tail, and fins. Bake until potatoes are well browned, when fish should be thoroughly cooked. Finish garnishing with parsley and slices of lemon, sprinkled with finely chopped parsley.

FILLETS OF HADDOCK, WHITE WINE SAUCE

2 haddock fillets	½ cup Fish Stock (p. 160)
5 tablespoons melted butter	or water
¾ cup white wine	2 tablespoons heavy cream
½ tablespoon lemon juice	2 egg yolks
2 slices onion	Salt and pepper
2 tablespoons flour	Parsley

Arrange fillets in buttered baking pan, pour around fish 3 tablespoons melted butter, wine, to which has been added lemon juice, and 2 slices onion. Cover and bake 10 minutes in hot oven (400° F.). Melt 2 tablespoons butter, add flour, and pour on liquor drained from fish; then add stock or water, heavy cream, egg yolks, salt, and pepper. Remove fillets to serving dish, strain sauce over fish, and sprinkle with finely chopped parsley. Serves 5 to 8.

FISHERMAN'S HADDOCK

Remove head and tail from a 4-pound haddock and split, or use 2 haddock fillets. Sprinkle with 1 cup salt, cover, and let stand overnight. Remove salt, rinse thoroughly, tie in cheesecloth, and cook in boiling water until tender. Drain thoroughly and remove from cheesecloth to hot platter. Garnish with steamed potatoes of uniform size and boiled beets (cut in slices and slices then cut in fancy shapes; season with butter and salt), alternating vegetables. Cut four ¼-inch slices fat salt pork in small cubes and try out. Serve pork scraps, pork fat, and 2 cups White Sauce (p. 191) with the fish. Salt codfish, heated in water below boiling point, may be served in the same way. Serves 6 to 8.

BAKED HALIBUT*With Tomato Sauce*

2 pounds halibut 2 cups Tomato Sauce or Italian Tomato Sauce (p. 198)

Clean fish, put in baking pan, pour around half the sauce, and bake 35 minutes in moderately hot oven (375° F.), basting often. Remove to hot platter, pour around it remaining sauce heated to boiling point, and garnish with parsley. Serves 6.

BAKED HALIBUT*With Lobster Sauce*

3-pound slice halibut	1 sprig parsley
Fat salt pork	1 slice onion
Salt and pepper	2 slices carrot, cut in pieces
Flour	Bit of bay leaf
	$\frac{1}{4}$ cup butter

Cut gashes in top of fish, insert a narrow strip of fat salt pork in each gash. Place on fish sheet in dripping pan, sprinkle with salt and pepper, and dredge with flour. Cover bottom of pan with water, add parsley, onion, carrot cut in pieces, and bay leaf. Bake 50 minutes in moderate oven (350° F.), basting with butter and liquor in pan. Serve with Lobster Sauce (p. 192). Serves 6 to 8.

HOLLENDEN HALIBUT

2-pound piece chicken halibut	Bit of bay leaf
Fat salt pork	3 tablespoons butter
1 small onion, thinly sliced	3 tablespoons flour
	$\frac{1}{2}$ cup buttered crumbs

Arrange 6 thin slices salt pork on oven-proof platter or in dripping pan. Cover with onion, add bay leaf. Place halibut over pork and onion. Spread top with butter and flour creamed together. Cover with crumbs and arrange narrow strips of salt pork over crumbs. Cover with buttered paper and bake 50 minutes in moderate oven (350° F.), removing paper during last 15 minutes to brown crumbs. Garnish with slices of lemon cut in fancy shapes, sprinkled with finely chopped parsley and paprika. Serve with White Sauce (p. 191), using fat in pan in place of butter. Serves 6.

FILLETS OF HALIBUT À LA HOLLENDEN

2 slices halibut ($\frac{3}{4}$ pound each)	$\frac{1}{2}$ bay leaf
6 thin slices fat salt pork	3 tablespoons butter
1 slice onion	3 tablespoons flour
$\frac{1}{2}$ cup buttered cracker crumbs	

Wipe fish and cut into 8 fillets. Take up each fillet separately, roll, and fasten with wooden skewer. Bake and serve like Hollenden Halibut, baking 20 to 25 minutes. Serves 4 to 6.

HALIBUT À LA RAREBIT

Sprinkle 2 small slices halibut with salt, pepper, and lemon juice; then brush over with melted butter, place on oven-proof platter or on greased fish sheet, and bake 12 minutes in hot oven (400° F.). Serve with Welsh Rarebit I (p. 386) poured over fish, or pour rarebit over fish before baking. Serves 4 to 6.

BAKED FILLETS OF HALIBUT

Cut halibut into small fillets, sprinkle with salt and pepper, put in shallow pan, cover with buttered paper, and bake 12 minutes in hot oven (400° F.). Arrange on a rice border, garnish with parsley, and serve with Hollandaise (p. 201).

FILLETS OF HALIBUT WITH BROWN SAUCE

Cut a slice of halibut weighing $1\frac{1}{2}$ pounds in 8 short fillets, sprinkle with salt and pepper, put in greased pan, and bake 5 minutes in hot oven (400° F.); drain, pour over $1\frac{1}{2}$ cups Brown Sauce (p. 196). Cover with $\frac{1}{2}$ cup buttered cracker crumbs and bake until crumbs are brown. Serves 4 to 6.

HALIBUT À LA MARTIN

Clean 2 slices chicken halibut and cut into 8 fillets. Season with salt, brush over with lemon juice, and roll. Arrange on tin plate covered with cheesecloth, fold cheesecloth over fillets, and cook in steamer 15 minutes. Remove to serving dish, garnish with small shrimps, and around it pour Martin Sauce (p. 195.) Serves 4 to 6.

FILLETS OF FISH À LA BEMENT

Prepare and cook fish same as for Halibut à la Martin. Insert tip of small lobster claw in each fillet and garnish with thin slice of canned mushroom, sprinkled with parsley, and a thin circular slice of truffle. Serve with Lobster Velouté Sauce (p. 195).



Serve Fish Mousse with Normandy Sauce, Creamed Shrimp or Lobster or Green Peas

FISH MOUSSE, NORMANDY SAUCE

1 pound halibut or other delicate fish
3 egg whites

1 cup heavy cream
Salt, pepper, cayenne

Normandy Sauce (p. 195), Lobster Sauce (p. 192), or Shrimp Sauce (p. 194)

Put fish through food chopper several times. Pound in mortar, adding gradually unbeaten egg whites (a double boiler top and wooden potato masher may be used). Add cream and season to taste. Turn into generously buttered ring or other mold which may be decorated with bits of truffle. Set in pan of hot water and bake 20 minutes in moderate oven (350° F.) or until mixture is firm. Turn on serving dish and surround with sauce. Serves 4 to 6.

Swedish Fish Balls. Shape mixture in buttered tablespoon. Slip from spoon into boiling water. Cook 8 minutes. Arrange on serving dish. Pour over White Sauce (p. 191) seasoned with chopped parsley.

HALIBUT À LA POULETTE

1½-pound slice halibut	2 teaspoons lemon juice
¼ cup melted butter	Few drops onion juice
1½ cups Béchamel Sauce (p. 193)	2 hard-cooked eggs
¼ teaspoon salt	1 lemon
⅛ teaspoon pepper	Parsley

Clean fish and cut in 8 fillets. Add seasonings to melted butter, and put dish containing butter in saucepan of hot water to keep butter melted. Take up each fillet separately with a fork, dip in butter, roll, and fasten with a toothpick. Put in shallow pan, dredge with flour, and bake 12 minutes in hot oven (400° F.). Remove toothpicks, arrange on platter for serving, pour around Béchamel Sauce, and garnish with egg yolks rubbed through strainer, egg whites cut in strips, lemon cut fan-shaped, and parsley.

SANDWICHES OF CHICKEN HALIBUT

Cut chicken halibut in thin fillets. Dip fillets in melted butter seasoned with salt and pepper, and brush over with lemon juice. Put together in pairs, with Fish or Chicken forcemeat (pp. 138, 139) between. Place in shallow pan with ¼ cup white wine or water. Bake 20 minutes in hot oven (400° F.). Arrange on hot platter for serving, sprinkle with finely chopped parsley, garnish with Tomato Jelly (p. 518), and serve with Hollandaise (p. 201).

HALIBUT AU LIT

2 slices halibut (¾ pound each)	11 mushrooms fried in butter
Salt	1 cup fish stock
Lemon juice	1 tablespoon Sauterne
3 tablespoons butter	3 tablespoons flour

Cut 1 slice in 8 fillets, sprinkle with salt and lemon juice, roll, and fasten with toothpicks. Cook over boiling water. Arrange a steamed fillet in center of each fish plate, place on top of each a cooked mushroom cap, and put mock scallops (made from remaining halibut) at both right and left of fillet. Serve with sauce made of butter, flour, fish stock and cream, 3 mushrooms, sliced, and Sauterne.

MOCK SCALLOPS

Cut halibut in pieces about the size and shape of scallops. Dip in crumbs, egg, and crumbs, and fry in deep fat (375° F.).

SHATTUCK HALIBUT

1½-pound slice halibut	Green pepper, cut in Julienne-
5 slices peeled tomato	shaped pieces
(¾ inch thick)	⅓ cup melted butter
	Salt and pepper

Wipe fish and put in buttered oven-proof platter or dripping pan. Sprinkle with salt and pepper. Arrange on top tomato and green pepper. Bake 25 minutes in hot oven (400° F.). Baste with melted butter and liquor in platter. Serves 4.

HALIBUT À LA SUISSE

2-pound piece of halibut	¼ pound mushrooms, broken in pieces
Salt and pepper	1 cup cream
½ cup butter	1 teaspoon beef extract

Wipe fish, place in buttered dish. Sprinkle with salt and pepper. Place butter on top. Bake 15 minutes, basting twice. Cover with mushrooms and cream. Bake 15 minutes. Add beef extract to liquor in pan. Bake 10 minutes, basting twice. Serves 6.

HALIBUT OR SOLE VÉRONIQUE

2 slices halibut (¾ pound each) <i>or</i>	Normandy Sauce (p. 195)
8 fillets of flounder	¾ cup skinned and seeded Malaga
Salt and pepper	grapes soaked 30 minutes in
Lemon juice	3 tablespoons Tokay wine
	1 onion, thinly sliced

Cut fish into 8 fillets. Sprinkle with salt and pepper. Brush with lemon juice. Put slice of onion on each. Cover, let stand 2 hours. Remove onion, place fillets in buttered pan, and pour over Normandy Sauce. Cover and bake in hot oven (425° F.) 10 minutes. Place fish on copper platter. Strain sauce, season with salt and cook 5 minutes, add drained grapes and 2 teaspoons wine in which they were soaked, and pour around fish. Serves 4 to 6.

HALIBUT LOOMIS

2 slices chicken	Bit of bay leaf
halibut (1 pound each)	$\frac{1}{2}$ cup white wine
1 onion, sliced	1 tablespoon vinegar
2 sprigs parsley	$\frac{3}{4}$ teaspoon salt
1 sprig thyme	$\frac{1}{8}$ teaspoon pepper
2 cloves	Cold water
Sauce Allemande (p. 195)	1 tablespoon butter

Arrange onion, parsley, thyme, cloves, and bay leaf in pan and place fish on top. Sprinkle with salt and pepper, add wine, vinegar, and cold water to cover. Cover and let stand 2 hours. Place on range, bring to boiling point, and boil gently 15 minutes. Remove to oven-proof platter and pour over Sauce Allemande made with liquor from pan instead of chicken stock. Dot over with butter, bake in hot oven (400° F.) until well browned. Sprinkle with finely chopped parsley and serve at once. Serves 6.

BAKED HALIBUT, SWEDISH STYLE

1-pound slice halibut	$\frac{3}{4}$ cup canned tomatoes
Salt	$\frac{1}{2}$ teaspoon powdered sugar
Pepper	$\frac{1}{2}$ onion
Melted butter	$\frac{1}{3}$ cup heavy cream

Wipe halibut and remove skin. Place in baking dish, sprinkle with salt and pepper, and brush over with melted butter. Drain tomatoes and add sugar. Spread over fish, then cover with onion, thinly sliced. Bake 20 minutes in moderately hot oven (375° F.), pour cream over, and bake 10 minutes. Remove onion and serve at once, from dish in which it was cooked. Serves 4.

**FRIED FISH, RUSSIAN STYLE,
MUSHROOM SAUCE**

2 slices halibut ($\frac{3}{4}$ pound each)	$\frac{1}{3}$ cup heavy cream
Salt, pepper, and cayenne	Flour
$\frac{1}{3}$ cup white wine or	$\frac{1}{2}$ pound mushrooms
1 tablespoon lemon juice	Normandy Sauce (p. 195)

Cut halibut in fillets, sprinkle with salt and pepper, pour over wine or lemon juice, cover, and let stand 30 minutes. Drain, dip each piece separately in heavy cream, then in flour, and fry in deep fat (395° F.). Arrange fish on serving dish, cover with

mushrooms sautéed in butter, and pour over it Normandy Sauce, made with cream in which fish was dipped, and seasoned to taste with white wine. Serves 4 to 6.

MACKEREL BAKED IN MILK

Split fish, clean, and remove head and tail. Put in buttered dripping pan, sprinkle with salt and pepper, dot over with butter (allowing 1 tablespoon to a medium-sized fish), and pour on $\frac{2}{3}$ cup milk. Bake 25 minutes in hot oven (400° F.).

BROILED POMPANO WITH FRICASSEE OF CLAMS

Broil fish (p. 212). When nearly cooked, slip from broiler on to hot platter, and brush over with melted butter. Surround with 2 borders of mashed potatoes, 1 inch apart, forced through pastry bag and tube. Arrange 10 halves of clam shells between potato borders, at equal distances; fill spaces between shells with potato roses. Place in oven to finish cooking fish and to brown potatoes. Just before serving, fill clam shells with Fricassee of Clams (p. 243).

SALMON STEAKS

Bake, Broil, Steam, etc. (pp. 211-213).

STEAMED SALMON

Serve steamed salmon (p. 213) hot with Egg Sauce I or II (p. 194) or Hollandaise (p. 201), or cold with Mayonnaise (p. 490), Cucumber Hollandaise (p. 202), Ravigôte Mayonnaise (p. 491), or Cucumber Sauce I or II (pp. 207-208). A salad of cooked peas, Lima beans and carrots (cut small), mixed with Mayonnaise is a good accompaniment to cold salmon.

GRILLED SARDINES

Drain canned sardines and cook in omelet pan until heated, turning frequently. Place on small oblong pieces of dry toast and serve with Maître d'Hôtel (p. 204) or Lemon Butter (p. 203).

With Anchovy Sauce. Serve with sauce made of $1\frac{1}{2}$ tablespoons sardine oil, 2 tablespoons flour, and 1 cup Brown Stock (p. 144). Season to taste with Anchovy Sauce or Paste.

CREAMED SARDINES

1 small box sardines	2 hard-cooked eggs, finely
4 tablespoons butter	chopped
4 tablespoons soft, stale	Salt and pepper
bread crumbs	Paprika
1 cup cream	Toast

Drain sardines, remove backbones, and mash. Melt butter, add crumbs and cream. When thoroughly heated, add eggs and sardines, salt, pepper, and paprika to taste. Serve on toast. Serves 3 or 4.

SARDINES FRIED IN BATTER

Drain fish and pour boiling water over it to free it from oil, then remove skins. Dip in Batter III (p. 392) and fry in deep fat (395° F.); drain on brown paper. Serve with Hot Tartare Sauce (p. 192).

SCROD

A scrod is a young cod or haddock split down the back and backbone removed, except a small portion near the tail.

Broil (p. 212). Serve with Maître d'Hôtel Butter (p. 204).

BAKED SHAD, ROE SAUCE

Clean and split a 3-pound shad. Place in an oiled dripping pan, sprinkle with salt and pepper, brush over with melted butter, and bake 30 minutes in hot oven (400° F.). Serve with Roe Sauce.

Roe Sauce

½ shad roe	Cayenne
2 tablespoons sherry	4 tablespoons flour
2 tablespoons white wine	1 cup Chicken Stock (p. 151)
5 tablespoons butter	¼ teaspoon beef extract

Put roe in small, shallow baking pan. Sprinkle with salt, pepper, cayenne, and nutmeg. Add 2 tablespoons butter and wine. Cover with buttered paper. Bake 30 minutes. Remove membranes. Brown remaining butter, add flour, continue browning. Pour on stock gradually, while stirring constantly. Bring to boiling point, add beef extract, roe, and salt to taste.

PLANKED SHAD OR WHITEFISH

Clean and split a 3-pound shad. Put skin side down on buttered plank, sprinkle with salt and pepper, and brush over with melted butter. Bake 25 minutes in hot oven (400° F.) or broil under gas flame. Spread with butter, garnish with parsley and lemon, and serve on the plank. Serves 6.

PLANKED SHAD WITH CREAMED ROE

3-pound roe shad	$\frac{1}{8}$ cup cream
3 tablespoons butter	2 egg yolks
1 teaspoon finely chopped shallot	Salt, pepper, lemon juice
$1\frac{1}{2}$ tablespoons flour	$\frac{1}{2}$ cup buttered crumbs

Prepare shad as for Planked Shad. Parboil roe and mash. Melt butter, add shallot, and cook 5 minutes; add roe, sprinkle with flour, and add cream gradually. Cook slowly 5 minutes, add egg yolks, and season highly with salt, pepper, and lemon juice. Remove shad from oven, spread thin part with roe mixture, cover with buttered crumbs, and return to oven to brown crumbs. Serves 6.

SHAD ROE

Cook 20 minutes in water to cover, with 1 tablespoon salt and 1 tablespoon vinegar. Drain, cover with cold water, and let stand 5 minutes. Remove from water and prepare as desired.

Sautéed with Bacon or Celery. Separate in pieces. Melt 3 tablespoons butter, add roe, and cook 10 minutes. Serve plain or with broiled bacon or add to fat in pan, 1 tablespoon butter, $\frac{1}{2}$ cup chopped celery, few drops onion juice, few drops lemon juice, salt and pepper, and serve with roe.

Fried. Cut in pieces, sprinkle with salt and pepper, and brush over with lemon juice. Dip in crumbs, egg, and crumbs. Fry in deep fat (390° F.). Serve with Tartare Sauce (p. 207).

Baked with Tomato Sauce. Place in buttered pan. Pour over $\frac{3}{4}$ cup Tomato Sauce (p. 198). Bake 20 minutes in hot oven (400° F.), basting every 5 minutes. Remove to platter and serve with sauce.

FRIED SMELTS

Leave in natural shape, or skewer like letter "S", or with tails thrust into the mouth. They may be boned. Sprinkle with salt and pepper, dip in crumbs, egg, and crumbs, or roll in flour. Fry in deep fat (370° F.) 3 to 5 minutes. As soon as smelts are put into fat, reduce heat so that they may not become too brown before cooked through. Serve with Tartare Sauce (p. 207).

FRIED SMELTS WITH BACON (BRITANIA)

Clean smelts, remove heads and tails, and cut in half-inch slices crosswise. Cut thin slices of bacon in pieces. Arrange slices of fish and bacon alternately on skewers, having 4 of each for a service. Brush over with olive oil, season with salt and pepper, roll in crumbs, fry in deep fat (p. 26), and drain on brown paper.

SMELTS À LA MEUNIÈRE

6 smelts	Flour
Salt, pepper	Butter
Lemon juice	1 cup Chicken Stock (p. 151)
Cream	1½ teaspoons Anchovy Essence
	1 teaspoon finely chopped parsley

Clean smelts and cut five diagonal gashes on each side. Season with salt, pepper, and lemon juice, cover, and let stand 10 minutes. Roll in cream, dip in flour, and sauté in butter. Add to butter in pan 2 tablespoons flour, stock, Anchovy Essence, and a few drops lemon juice. Just before sauce is poured around smelts, add 1½ tablespoons butter and parsley. Serves 4 to 6.

SMELTS À LA GUAYMAS

6 smelts	Lemon juice
Salt, pepper	1 pimiento
Few drops onion juice	1 tablespoon grated Parmesan cheese

Wipe, split, and bone smelts. Sprinkle with salt, pepper, onion juice, and lemon juice; cover and let stand 15 minutes: rub pimiento through sieve, add cheese. Spread smelts with mixture, roll, fasten with wooden skewers, dip in crumbs, egg, and crumbs, fry in deep fat (p. 26), and drain. Serve with Guaymas Sauce (p. 207).

SMELTS, AMANDINE

6 smelts	Flour
Salt, pepper	Olive oil

$\frac{1}{4}$ cup Jordan almonds, blanched, cut in thin slices

Clean smelts, sprinkle with salt and pepper, roll in flour, and sauté in olive oil until delicately browned, turning frequently. Remove to hot serving dish and sprinkle with almonds sautéed in olive oil. Serves 4 to 6.

PLANKED SMELTS

8 smelts	Maitre d'Hôtel Butter (p. 204)
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Clean and bone smelts and arrange on buttered plank in shape of large fish. Sprinkle with salt and pepper, spread with Maitre d'Hôtel Butter, and bake 12 minutes in hot oven (400° F.). Garnish with Duchess Potatoes (p. 432) and bake until fish is done and brown. Garnish (p. 184). Serves 6 to 8.

SMELTS AU BEURRE NOIR

6 smelts	Butter
Salt and pepper	Beurre Noir (p. 203)
Flour	$\frac{1}{2}$ tablespoon chopped parsley

Split and bone smelts, sprinkle with salt and pepper, roll in flour, and sauté in butter. Remove to serving dish, pour on Beurre Noir, and sprinkle with parsley.

BAKED STUFFED SMELTS

Clean and wipe as dry as possible 12 selected smelts. Stuff, sprinkle with salt and pepper, and brush over with lemon juice. Place in buttered shallow dish, cover with buttered paper, and bake 5 minutes in hot oven (425° F.). Sprinkle with buttered crumbs and bake until crumbs are brown. Serve with Sauce Béarnaise (p. 202).

Stuffing. Cook 1 tablespoon finely chopped onion with 1 tablespoon butter 3 minutes. Add $\frac{1}{4}$ cup finely chopped mushroom stems or caps, $\frac{1}{4}$ cup soft part of oysters (parboiled, drained, and chopped), $\frac{1}{2}$ teaspoon chopped parsley, and 3 tablespoons Croquette Sauce (p. 397).

FRIED STUFFED SMELTS

Stuff as for Baked Stuffed Smelts, dip in crumbs, egg, and crumbs, fry in deep fat (395° F.), and serve with Tartare Sauce (p. 207).

SOLE

See Flounder.

SAUTÉED OR BROILED SWORDFISH

See p. 212. Use plenty of butter, as swordfish is especially dry-meated.

SWORDFISH BAKED IN MILK

Put swordfish, cut in slices, in baking dish, sprinkle with salt and pepper, dot with 2 tablespoons butter, and pour on just enough milk to cover. Bake 40 minutes in hot oven (400° F.).

BROOK TROUT

Broil (p. 212) or wipe, sprinkle with salt and pepper, dip in flour and sauté in butter. Squeeze a little lemon juice into butter and pour over fish.

FRIED WHITEBAIT

Sprinkle with salt and pepper, roll in flour, shake lightly in sieve to remove superfluous flour. Sauté in butter or fry in deep fat (370° F.). They are so tiny that they cook very quickly, in 1 to 3 minutes. Serve in folded napkin with wedges of lemon or lime.

PLANKED WHITEFISH

See Planked Shad (p. 228).

FROGS' LEGS

Trim and clean. Sprinkle with salt and pepper, dip in crumbs, egg, and crumbs again, then fry 3 minutes in deep fat (375° F.), and drain.

TERRAPIN

To prepare terrapin for cooking, plunge into boiling water and boil 5 minutes. Lift out of water with skimmer and remove skin from feet and tail by rubbing with a towel. Draw out head with a skewer and rub off skin.

To Cook Terrapin. Put in kettle, cover with boiling salted water, add 2 slices each of carrot and onion, and a stalk of celery. Cook until meat is tender (35 to 40 minutes) which may be determined by pressing feet-meat between thumb and finger. Remove from water, cool, draw out nails from feet, cut under shell close to upper shell and remove. Empty upper shell and carefully remove and discard gall bladder, sandbags, and thick, heavy part of intestines. Any of the gall bladder would give a bitter flavor to the dish. The liver, small intestines, and eggs are used with the meat.

TERRAPIN À LA BALTIMORE

1 terrapin	1½ tablespoons butter
¾ cup Chicken Stock (p. 151)	Salt and pepper
Cayenne	2 egg yolks

To stock add terrapin meat, with bones cut in pieces and entrails cut in smaller pieces. Cook slowly until liquor is reduced one-half. Add liver separated in pieces, eggs, butter, salt, pepper, and cayenne. Egg yolks may be omitted and ½ cup butter added bit by bit.

TERRAPIN À LA MARYLAND

Add to Terrapin à la Baltimore 1 tablespoon each butter and flour creamed together, ½ cup cream, 2 egg yolks slightly beaten, and 1 teaspoon lemon juice. If liked, add, just before serving, 1 tablespoon sherry. Pour into deep dish. Garnish with toast or puff-paste points.

WASHINGTON TERRAPIN

1 terrapin	½ cup chopped mushrooms
1½ tablespoons butter	Salt
1½ tablespoons flour	Few grains cayenne
1 cup cream	2 eggs, slightly beaten

Melt butter, add flour, and pour on slowly the cream. Add terrapin meat with bones cut in pieces, entrails cut smaller, liver separated in pieces, eggs of terrapin, and mushrooms. Season with salt and cayenne. Just before serving, add eggs.

RECIPES USING COOKED FISH CANNED OR FRESH

CREAMED FISH

1 cup cooked fish, in flakes 1 cup White Sauce (p. 191)

Heat fish in White Sauce. Season highly. Serve on toast.

Fish au Gratin. Arrange in buttered baking dish. Cover with $\frac{1}{2}$ cup buttered cracker crumbs and bake in hot oven (450° F.) until crumbs are brown. Grated cheese may be mixed with crumbs.

SALMON OR SHRIMP WIGGLE

1 cup cooked salmon, flaked, or 2 cups White Sauce (p. 191)
shrimp, broken in pieces 1 cup cooked peas

Combine ingredients. Season to taste. Reheat.

FISH À LA PROVENÇALE

$\frac{1}{4}$ cup butter Yolks 4 hard-cooked eggs
 $2\frac{1}{2}$ tablespoons flour 1 teaspoon anchovy sauce
2 cups milk 2 cups cooked, flaked fish

Make a sauce of butter, flour, and milk. Mash egg yolks and mix with Anchovy Sauce, add to sauce, then add fish. Bring to boiling point and serve on toasted Graham bread.

FISH HASH

Use equal parts of cold flaked fish and cold boiled potatoes finely chopped. Season with salt and pepper. Try out fat salt pork, remove scraps, leaving enough fat in pan to moisten fish and potatoes. Put in fish and potatoes, stir until heated, then cook until well browned underneath; fold, and turn like an omelet.

FISH CROQUETTES

1½ cups cooked, flaked fish	Salt and pepper
1 cup Croquette Sauce (p. 397)	Lemon juice

Add fish to sauce. Season to taste. Chill, shape, crumb, and fry (see Croquettes, p. 397). Serves 4 to 6.

Fish and Egg Croquettes. Use 1 cup fish and 3 hard-cooked eggs finely chopped.

FISH CUTLETS

Mix equal parts of cold flaked fish and hot mashed potatoes. Season with salt and pepper. Shape in cutlets, crumb, and fry (see Croquettes, p. 397).

EPICUREAN FISH CUTLETS

1¾ cups flaked, cooked fish	⅓ cup flour
½ tablespoon shallot, finely chopped	¾ teaspoon salt
2 tablespoons pimiento, finely chopped	¼ teaspoon paprika
3 tablespoons butter	½ cup milk
½ cup cream	

Cook shallot and pimiento with butter 5 minutes, stirring constantly. Add flour mixed with salt and paprika and stir until well blended; then add milk and cream gradually, while stirring constantly. Bring to boiling point, add fish, and chill.

Shape, crumb, and fry (see Croquettes, p. 397). Serve with or without Epicurean Sauce (p. 206).

TURBAN OF FISH

2½ cups cooked, flaked fish	¼ cup flour
1½ cups milk	½ teaspoon salt
1 slice onion	⅛ teaspoon pepper
Blade of mace	Lemon juice
Sprig of parsley	2 egg yolks, slightly beaten
¼ cup butter	½ cup buttered cracker crumbs

Scald milk with onion, mace, and parsley; remove seasonings. Melt butter, add flour, salt, and pepper, and add milk gradually while stirring constantly. Bring to boiling point and add egg yolks. Put layer of fish on buttered dish, sprinkle with salt and

pepper, and add a few drops lemon juice. Cover with sauce and continue until fish and sauce are used, shaping in pyramid form. Cover with crumbs and bake in hot oven (450° F.) until crumbs are brown. Serves 6.

SCALLOPED FISH AND EGGS

See Scalloped Eggs (p. 363). Vary proportions as desired.

HAMPDEN HALIBUT

$\frac{1}{2}$ cup cooked, flaked fish	$\frac{1}{2}$ teaspoon salt
3 tablespoons butter	$\frac{1}{8}$ teaspoon paprika
$1\frac{1}{2}$ tablespoons flour	Few grains cayenne
$1\frac{1}{2}$ tablespoons cornstarch	$\frac{1}{8}$ cup canned mushrooms
$\frac{1}{3}$ cup fish stock	2 egg whites, beaten stiff
$\frac{1}{8}$ cup mushroom liquor	$\frac{1}{4}$ cup grated cheese
$\frac{1}{8}$ cup cream	$\frac{1}{8}$ teaspoon paprika
2 egg yolks, slightly beaten	Few grains salt

Melt butter, add flour and cornstarch, and stir until well blended; then pour on gradually, while stirring constantly, fish stock, mushroom liquor, and cream. Bring to boiling point and add egg yolks, salt, pepper, and paprika; then add fish and mushrooms cut in thin slices. Fill buttered scallop shells or ramekins with mixture, cover with egg whites mixed with cheese and seasoned with paprika and salt. Sprinkle with more cheese and bake in hot oven (450° F.) until well browned.

TUNA FISH PIE

4 tablespoons butter	2 crushed chicken bouillon cubes
1 slice onion, chopped	$\frac{1}{2}$ cup milk
4 tablespoons flour	1 can tuna fish (12 ounce)
$\frac{3}{4}$ tablespoon salt	1 cup celery, cut in fine pieces
$\frac{1}{8}$ teaspoon pepper	or diced, cooked potato
$1\frac{3}{4}$ cups boiling water	3 hard-cooked eggs

Baking-powder Biscuit mixture (p. 90)

Cook onion and butter 2 minutes, add flour, salt, and pepper, and stir until smooth. Add water, bouillon cubes, and milk, and stir until sauce boils. Add tuna fish, celery or potato, and eggs. Put in baking dish. Cut out small biscuits, arrange on top, and bake in hot oven (400° F.) until biscuits are done.

FISH TIMBALES

2 cups cooked fish	Few grains cayenne
$\frac{1}{3}$ cup thick cream	$1\frac{1}{2}$ teaspoons lemon juice
$\frac{1}{4}$ teaspoon salt	3 egg whites

Chop fish fine or put through food chopper. Season with salt, cayenne, and lemon juice; add cream beaten until stiff, then beaten egg whites. Turn into small, slightly buttered molds, put in pan, surround with hot water to half height of molds, cover with buttered paper, and bake 20 minutes in moderate oven (350° F.). Remove from molds, cover with Béchamel Sauce (p. 193) or Lobster Velouté Sauce (p. 195), and garnish with parsley.

SCALLOPED COD AND OYSTERS

Line a buttered baking dish with cold flaked cod, sprinkle with salt and pepper, cover with a layer of oysters (first dipped in melted butter, seasoned with onion juice, lemon juice, and a few grains of cayenne, and then in cracker crumbs), add 3 tablespoons oyster liquor or water; repeat and cover with buttered cracker crumbs. Bake 20 minutes in hot oven (450° F.). Serve with Egg Sauce (p. 194) or Hollandaise (p. 201).

FISH SOUFFLÉ

2 cups cooked salmon or other fish	$\frac{1}{2}$ cup soft stale bread crumbs
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup milk
$\frac{1}{8}$ teaspoon paprika	3 egg yolks
2 teaspoons lemon juice	3 egg whites

Thoroughly rinse fish, remove bones and skin, separate into flakes, and add seasonings. Cook bread crumbs in milk 5 minutes, add fish and egg yolks beaten until thick and lemon-colored; then cut and fold in egg whites, beaten until stiff. Turn into buttered dish, set in pan of hot water, and bake in moderate oven (350° F.) until firm. Serve with Spanish Sauce (p. 198).

SALMON BOX

Line bread pan, slightly buttered, with warm steamed rice (p. 64). Fill center with cold boiled salmon, flaked, and seasoned with salt, pepper, and a slight grating of nutmeg. Cover with rice and steam 1 hour. Turn on hot platter, surround with Egg Sauce II (p. 194).

SALMON LOAF I

2 cups flaked cooked salmon	2 eggs, slightly beaten
$\frac{1}{2}$ cup fine bread crumbs	1 tablespoon minced parsley
4 tablespoons butter	Salt, pepper

Combine ingredients. Steam 1 hour in buttered mold or bake in pan of hot water in moderate oven (375° F.). Serve hot or cold.

SALMON LOAF II

1 cup cooked salmon	1 cup hot milk
1 tablespoon butter	2 eggs, well beaten
1 cup bread crumbs	Salt
	Pepper

Combine ingredients in order given. Press into buttered bread pan. Bake 30 minutes in moderate oven (350° F.).

SALMON LOAF WITH CHEESE

2 cups cooked salmon, flaked	1 tablespoon melted butter
$1\frac{1}{2}$ cups grated cheese	$\frac{1}{2}$ teaspoon salt
1 egg, well beaten	Few grains pepper
3 tablespoons milk	Cracker or bread crumbs

Combine ingredients, using crumbs enough to obtain stiff mixture. Shape in loaf in baking pan. Cover with buttered crumbs and bake in moderately hot oven (375° F.) until golden brown. Serve hot or cold.

TUNA LOAF

Substitute tuna in Salmon Loaf I or II and add 1 tablespoon pimiento cut in tiny pieces.

SPICED SALMON

2 cups canned or cooked salmon	$\frac{1}{2}$ teaspoon allspice berries
1 cup vinegar	8 peppercorns
1 teaspoon whole cloves	$\frac{1}{4}$ teaspoon salt

Rinse salmon thoroughly with hot water. Remove skin and bones. Combine other ingredients. Bring to boiling point, pour on fish, cover, and let stand 2 hours. Drain and separate into flakes.

SALT FISH

CREAMED SALT CODFISH

Shred 1 cup fish with 2 3-tined forks and soak several hours in lukewarm water, the time depending upon hardness and saltiness of fish. To freshen fish quickly, cover with cold water. Heat to boiling point, and pour off water; repeat until fish tastes fresh. Drain, and add $1\frac{1}{2}$ cups White Sauce (p. 191). Just before serving add 1 beaten egg. Garnish with slices of hard-cooked eggs.

FISH BALLS

1 cup salt codfish	1 egg, well beaten
$2\frac{1}{2}$ cups potatoes	$\frac{1}{2}$ tablespoon butter
	$\frac{1}{8}$ teaspoon pepper

Wash fish in cold water and pick in very small pieces, or cut, using scissors. Wash, pare, and soak potatoes, cutting in pieces of uniform size before measuring. Cook fish and potatoes in boiling water to cover until potatoes are nearly soft. Drain thoroughly through strainer, return to kettle in which they were cooked. Shake over heat until thoroughly dry, mash thoroughly (being sure there are no lumps left in potato), add butter, egg, and pepper. Beat with fork 2 minutes. Add salt if necessary. Take up by spoonfuls, sauté in butter or fry 1 minute in deep fat (385° F.), allowing 6 fish balls for each frying; drain on brown paper. Reheat the fat after each frying.

SALTED CODFISH HASH

Prepare as for Fish Balls, omitting egg. Try out fat salt pork, remove scraps, leaving enough fat in pan to moisten fish and potatoes. Put in fish and potatoes, stir until heated, then cook until well browned underneath; fold, and turn like an omelet.

TOASTED SALT FISH

Shred salt codfish in long thin strips. If very salt, it may need to be freshened by standing for a short time in lukewarm water. Place on greased wire broiler and broil until brown on one side; turn and brown the other. Remove to platter and spread with butter.

GLOUCESTER SALT CODFISH

Cut boneless salt codfish in 2-inch pieces, cover with lukewarm water, and let stand 15 minutes. Drain, dry on a towel, and fry (sauté) in butter in a hot frying pan until delicately browned. Add rich milk or thin cream to about half cover fish and bring gradually to boiling point. Pour into hot serving dish.

SPANISH CODFISH

$\frac{2}{3}$ cup salt codfish, separated in small pieces	3 canned pimientos, cut in strips
4 cold boiled potatoes, cut in slices	1 cup Tomato Sauce (p. 198)
	$\frac{1}{2}$ cup buttered cracker crumbs
	Salt and pepper

Soak fish in lukewarm water until soft. Drain. Arrange alternate layers of potatoes and fish in buttered baking dish, sprinkling with pimiento and salt and pepper. Pour on sauce, cover with crumbs, and bake in moderate oven (350° F.) until crumbs are brown.

CODFISH WITH FRIED SALT PORK

Cut fat salt pork in $\frac{1}{4}$ -inch slices, cut gashes $\frac{1}{3}$ inch apart in slices nearly to rind. Try out in a hot frying pan until brown and crisp, occasionally pouring off fat from pan. Serve around strips of codfish which have been soaked in pan of lukewarm water and simmered over low heat until soft. Serve with Drawn Butter Sauce (p. 194), boiled potatoes, and beets.

KIPPERED HERRINGS

Remove fish from can and arrange on an oven-proof platter; sprinkle with pepper, brush over with lemon juice and melted butter, and cover with the liquor left in can. Heat thoroughly and garnish with parsley and slices of lemon.

BAKED FINNAN HADDIE

Finnan Haddie is haddock, dried, smoked, and salted.

Put fish in dripping pan, surround with milk and water in equal proportions, and place over very low heat. Let stand 25 minutes; pour off liquid, spread with butter, and bake 25 minutes in moderate oven (350° F.).

BROILED FINNAN HADDIE

Broil in a greased broiler until brown on both sides. Remove to pan and cover with hot water; let stand 10 minutes, drain, spread with butter, and sprinkle with pepper.

SAVORY FINNAN HADDIE

Finnan haddie	2 eggs, slightly beaten
Milk	1½ cups small potato balls or
2-inch cube fat salt pork	cubes, cooked
2 tablespoons flour	Salt and pepper

Soak finnan haddie in milk to cover, 1 hour. Cook until tender and separate into flakes; there should be 1 cup. Cut salt pork into tiny cubes and try out. To 2 tablespoons of the pork fat, add flour and stir until well blended. Pour on gradually 1 cup milk, while stirring constantly. Bring to boiling point, add finnan haddie, pork scraps, egg yolks, potatoes, salt, and pepper to taste.

FINNAN HADDIE À LA DELMONICO

1 cup finnan haddie, in strips	1 tablespoon butter
½ cup heavy cream	Cayenne
4 hard-cooked eggs, thinly sliced	Finely chopped parsley

Cover fish with cold water, place over slow heat, and allow water to come to boiling point. Let stand on range for 25 minutes, keeping water below boiling point. Drain and rinse thoroughly. Separate fish into flakes, add cream and eggs. Season with cayenne, add butter, and sprinkle with parsley.

EPICUREAN FINNAN HADDIE

1 pound finnan haddie	¼ cup butter
½ tablespoon finely chopped shallot	1 teaspoon salt
1 tablespoon finely chopped green pepper	½ teaspoon paprika
½ tablespoon finely chopped red pepper	Few grains cayenne
	4 tablespoon flour
	1 cup cream
	1 cup milk

Soak finnan haddie in milk to cover, 1 hour. Bake in moderate oven 30 minutes and separate in flakes; there should be 2 cups. Cook shallot and pepper in butter 5 minutes, stirring constantly.

Add salt, paprika, and cayenne mixed with flour, and stir until well blended; then pour on gradually, while stirring constantly, milk and cream. Bring to boiling point and add finnan haddie. Serve on squares of toast or turn into a buttered baking dish, cover with buttered crumbs, and bake until crumbs are brown.

FINNAN HADDIE, CALEDONIAN STYLE

2-pound piece of finnan haddie

Milk

Water

Thin White Sauce (p. 192)

3 potatoes, washed, pared, and
cut in halves

Put finnan haddie in dripping pan, cover with milk and water in equal proportions, and let stand over very low heat or in very slow oven 25 minutes. Arrange fish on oven-proof platter, pour on sauce, and surround with halves of potatoes. Bake in moderate oven (350° F.) until potatoes are soft (about 40 minutes).

CHAPTER 19

SHELLFISH

CLAMS

Clams are known as soft-shell clams and hard-shell clams, or quahogs. Clams are sold in the shell by quart or peck or dozen, out of the shell by the quart, and in cans. Small young quahogs in the shell are called Little Necks and are eaten raw.

STEAMED CLAMS

Clams for steaming should be bought in the shell and should always be alive. Wash clams thoroughly, scrubbing with brush, changing water several times. If held tail uppermost under faucet, sand will be washed out. Put into large kettle, allowing $\frac{1}{2}$ cup hot water to 4 quarts clams; cover closely and steam until shells partially open, care being taken that they are not overdone. Serve with individual dishes of melted butter. Some prefer a few drops of lemon juice or vinegar added to the butter. If a small quantity of boiling water is put into the dishes, the melted butter will float on top and remain hot much longer. Serve the liquor left in kettle in glasses with clams.

ROASTED CLAMS

Roasted clams are served at clam bakes. Wash clams in sea water. Burn wood on stones, remove ashes, sprinkle stones with thin layer of seaweed. Pile clams on stones, cover with seaweed and a piece of canvas to retain steam.

CLAMS, UNION LEAGUE

$\frac{1}{2}$ teaspoon finely chopped shallot	$\frac{1}{2}$ cup white wine or water
4 tablespoons butter	$\frac{1}{4}$ cup cream
2 tablespoons flour	Chopped parsley
18 clams in shell	Bacon

Cook shallot in 2 tablespoons butter 5 minutes. Add clams and wine or water. Cook until shells open. Remove clams from shells

and reduce liquor to $\frac{1}{3}$ cupful. Melt 2 tablespoons butter, add flour, and pour on gradually the clam liquor; add cream and the clams, season with salt and pepper. Refill clam shells, sprinkle with chopped parsley, and serve on each a square piece of fried bacon.

STUFFED CLAMS

Cover bottom of dripping pan with rock salt. Arrange 2 quarts large-sized soft-shelled clams on salt, in such a manner that liquor will not run into pan as clam shells open. Set in hot oven. As soon as shells begin to open, remove clams from shells, and chop. Reserve liquor, strain and use in making Croquette Sauce (p. 397), making $\frac{1}{2}$ rule, and using $\frac{1}{4}$ cup each of clam liquor and cream. Season highly with lemon juice and cayenne. Moisten clams with sauce, fill shells, sprinkle with grated cheese, cover with buttered, soft stale bread crumbs, and bake in hot oven (425° F.) until crumbs are brown.

CLAMS À LA GRAND UNION OR FRIED CLAMS

Clean and dry selected clams, dip in Batter I (p. 392), fry in deep fat (375° F.), and drain on brown paper. Serve on small slices of Cream Toast (p. 65) seasoned with salt, celery salt, pepper, and cayenne.

FRICASSEE OF CLAMS

Clean 1 pint clams, chop hard portions finely, and reserve soft portions. Melt 2 tablespoons butter, add chopped clams, 2 tablespoons flour, and pour on gradually $\frac{1}{3}$ cup cream. Strain sauce, add soft part of clams, cook 1 minute, season with salt and cayenne, and add one egg yolk slightly beaten.

CRABS AND CRAB MEAT

Soft-shell Crabs are those which have just cast off their shells. After cleaning, they are eaten whole, usually fried.

Hard-shell Crabs. The meat of hard-shell crabs is in the claws and the inner top of the back. Some people like also the liver and the coral. Boil like lobsters (p. 245).

Fresh Crab Meat is sold by the pound, in city markets. Use the day it is purchased, if possible.

Japanese Crab Meat is sold in cans. Remove stiff tendons before using.

Oyster Crabs live in the oyster shell and are very small. They are eaten whole.

To Clean a Crab. Lift and fold back the tapering points which are found on each side of the back shell and remove spongy substance that lies under them. Turn crab on its back, and with a pointed knife remove the small piece at lower part of shell, which terminates in a point; this is called the apron.

SAUTÉED CRABS À LA MEUNIÈRE

Clean crabs, sprinkle with salt, pepper, and lemon juice. Sauté in butter. Pour butter over crabs. Sprinkle with finely chopped parsley.

FRIED SOFT-SHELL CRABS

Clean crabs, sprinkle with salt and pepper, dip in crumbs, egg, and crumbs, fry in deep fat (375° F.), and drain. Being light, they will rise to top of fat, and should be turned while frying. Serve with Tartare Sauce (p. 207).

CREAMED CRAB MEAT

Heat 1 cup crab meat in 1 cup White Sauce or Cream Sauce. Serve on toast or in patty cases. Serves 4.

With Mushrooms. Add $\frac{1}{2}$ cup sliced mushrooms. Cook 10 minutes over hot water.

Crab Meat au Gratin. Put in baking dish or ramekins, cover with $\frac{1}{3}$ cup buttered crumbs, and bake until crumbs are a delicate brown.

FRIED OYSTER CRABS

Wash and drain crabs. Roll in flour and shake in sieve to remove superfluous flour. Fry in a basket in deep fat (395° F.). Drain, garnish with parsley and slices of lemon. Serve with Sauce Tyrolienne (p. 207).

CREAMED OYSTER CRABS

Cook a few at a time, in small amount of boiling water, with 1 sprig of parsley, bit of butter, 1 clove, bit of bay leaf, 1 teaspoon vinegar, and $\frac{1}{2}$ teaspoon salt. When they whiten, remove and serve in Savory Cream Sauce (p. 191).

OYSTER CRABS IN FRESH BUTTER

Sauté 1 cup oyster crabs in 1 tablespoon unsalted butter 5 or 6 minutes. Serve as a fish course in a formal dinner.

LOBSTER

To Select Lobsters. Lobsters are largest and most abundant from June to September but are obtainable throughout the year. Buy green or boiled. In selecting a boiled lobster, see that it is heavy in proportion to its size. Straighten the tail and if it springs back into place, the lobster was alive (as it should have been) when put into the pot for boiling. There is a greater shrinkage in lobster than in any other fish.

To Boil Lobsters. Have ready a large kettle containing vigorously boiling water, adding $\frac{1}{3}$ cup rock salt to each quart of water. Put in live lobsters, tail end down, one at a time, having the water come to the boiling point after adding each. Lobsters should be entirely covered by water. Cover and boil 20 minutes. Place on backs to cool.

To Open Lobsters and Remove Meat. Take off large claws, small claws, and separate tail from body. Tail meat may sometimes be drawn out whole with a fork; more often it is necessary to cut the thin shell portion (using scissors or a can opener) in under part of the tail; then the tail meat may always be removed whole. Separate tail meat through center and remove the small intestinal vein which runs its entire length; although generally darker than the meat, it is sometimes found of the same color. Hold body shell firmly in left hand, and with first two fingers and thumb of right hand draw out the body, leaving in shell the stomach (known as the *lady*), which is not edible, and also some of the green part, the *liver*. The liver may be removed by shaking the shell. The *coral*, a red spongy substance sometimes found in female lobsters,

is edible and highly prized for its brilliant color. The sides of the body are covered with the lungs; these are always discarded. Break body through the middle and separate body bones, picking out meat that lies between them, which is some of the sweetest and tenderest to be found. Separate large claws at joints. If shells are thin, with a knife cut off a strip down the sharp edge, so that shell may be broken apart and meat removed whole. Where shell is thick, it must be broken with a mallet or hammer. Small claws are used for garnishing. The shell of body, tail, and lower part of large claws, if not broken, may be washed, dried, and used for serving of lobster meat after it has been prepared. The portions of lobsters which are not edible are *lungs*, *stomach (lady)*, and *intestinal vein*. Lobster meat may be purchased in cans.

To Serve Boiled Lobster. Remove lobster meat from boiled lobsters, arrange on platter, and garnish with small claws. If two lobsters are opened, stand tail shells (put together) in center of platter, and arrange meat around them.

FRIED LOBSTER

Remove cooked lobster meat from shell. Use tail meat, divided in fourths, and large pieces of claw meat. Sprinkle with salt, pepper, and lemon juice; dip in crumbs, egg, and again in crumbs; fry in deep fat (385° F.), drain, and serve with Tartare Sauce (p. 207).

BUTTERED LOBSTER

2-pound lobster, cooked
3 tablespoons butter

Salt and pepper
Lemon juice

Remove cooked lobster meat from shell and chop slightly. Melt butter, add lobster, and when heated, season and serve garnished with lobster claws.

FRICASSEE OF LOBSTER AND MUSHROOMS

2-pound lobster, cooked
 $\frac{1}{4}$ cup butter
 $\frac{3}{4}$ pound mushrooms
Few drops onion juice
2 tablespoons sherry

$\frac{1}{4}$ cup flour
 $1\frac{1}{2}$ cups milk
Salt
Paprika

Remove lobster meat from shell and cut in strips. Cook butter with mushrooms broken in pieces and onion juice 3 minutes; add flour and pour milk on gradually. Add lobster meat, season with sherry, salt, and paprika. Serves 6.

LOBSTER AND OYSTER RAGOÛT

$\frac{1}{4}$ cup butter	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{4}$ cup flour	1 pint oysters
$\frac{3}{4}$ cup oyster liquor	$\frac{3}{4}$ cup cooked lobster
$\frac{3}{4}$ cup cream	dice
$\frac{3}{4}$ teaspoon salt	$1\frac{1}{2}$ tablespoons Sauterne
Few grains cayenne	1 tablespoon finely
Few drops onion juice	chopped parsley

Parboil oysters (p. 251). Make sauce of first 8 ingredients. Add oysters, lobster, wine, and parsley. Serves 4 to 6.

SCALLOPED LOBSTER

3 small lobsters or	$\frac{1}{2}$ teaspoon salt
2-pound lobster, cooked	Few grains cayenne
$1\frac{1}{2}$ cups White Sauce (p. 191)	2 teaspoons lemon juice

Remove lobster meat from shell and cut in cubes. Heat in White Sauce and add seasonings. Refill lobster shells, cover with buttered crumbs, and bake until crumbs are brown. To prevent lobster shells from curling over lobster while baking, insert wooden skewers of sufficient length to keep shell in its original shape. To assist in preserving color of shell, brush over with olive oil before putting into oven. Scalloped lobster may be baked in buttered scallop shells or in a buttered baking dish. Serves 6.

Deviled Lobster. Use larger proportions of same seasonings. Add mustard to taste.

Curried Lobster. When making White Sauce, add to flour $\frac{1}{2}$ teaspoon curry powder, and a few drops onion juice. Season highly to taste.

Lobster Thermidor. Season sauce highly with grated Parmesan cheese and white wine. Sprinkle with cheese and bake until cheese melts. If desired, add to ingredients 3 sliced mushrooms, sautéed, 1 tablespoon chopped green pepper, and a pinch of mustard.

STUFFED LOBSTER À LA BÉCHAMEL

2-pound lobster, cooked	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ cups milk	Few grains cayenne
Bit of bay leaf	Slight grating nutmeg
3 tablespoons butter	1 teaspoon chopped parsley
3 tablespoons flour	2 egg yolks, slightly beaten
1 teaspoon lemon juice	$\frac{1}{2}$ cup buttered crumbs

Remove lobster meat from shell and cut in dice. Scald milk with bay leaf, remove bay leaf, and make white sauce of butter, flour, and milk; add salt, cayenne, nutmeg, parsley, egg yolks, and lemon juice. Add lobster dice, fill shells, cover with buttered crumbs, and bake in hot oven (450° F.) until crumbs are brown. Half chicken stock and half cream may be used for sauce, if a richer dish is desired. Serves 6.

LOBSTER FARCI

1 cup chopped cooked lobster meat	Slight grating nutmeg
Yolks 2 hard-cooked eggs	$\frac{1}{3}$ cup buttered crumbs
$\frac{1}{2}$ tablespoon chopped parsley	Salt
1 cup Thin White Sauce (p. 192)	Pepper

To lobster meat add egg yolks rubbed to paste, parsley, sauce, and seasonings to taste. Fill lobster shells, cover with buttered crumbs, and bake until crumbs are brown. Serves 4.

SPANISH LOBSTER IN CASSEROLES

2-pound lobster, cooked	$\frac{1}{2}$ cup heavy cream
$2\frac{1}{2}$ cups cold water	2 egg yolks, slightly beaten
1 slice carrot	1 tablespoon lemon juice
1 slice onion	$\frac{1}{2}$ teaspoon salt
Sprig parsley	$\frac{1}{4}$ teaspoon paprika
1 stalk celery	$\frac{1}{8}$ teaspoon pepper
4 tablespoons butter	$\frac{1}{2}$ cup hot boiled rice
4 tablespoons flour	6 slices Broiled Tomato (p. 481)

Cut lobster meat in small pieces. Put bones and small claws in pan; add water, carrot, onion, parsley, and celery. Bring to boiling point and cook until reduced to $1\frac{1}{2}$ cups. Strain and pour gradually on butter and flour cooked together. Bring to boiling point, add cream, egg yolks, and lobster. Season with lemon juice, salt, paprika, and pepper. Put 1 tablespoon rice in each buttered

individual casserole. Fill with lobster mixture and on top place tomato slice, brushed over with melted butter and seasoned with salt and pepper. Serves 6.

BROILED LIVE LOBSTER

Split a live lobster and place in buttered wire broiler. Broil 8 minutes on flesh side, turn and broil 6 minutes on shell side. Serve with melted butter. Lobsters taste nearly the same when placed in dripping pan and baked 15 minutes in hot oven (450° F.) and are much easier cooked. Allow 1 small or half large lobster to each person.

To Split a Live Lobster. Live lobsters may be dressed for broiling at market, or may be split at home. Place on back, cross large claws and hold firmly with left hand. With sharp-pointed knife, held in right hand, begin at the mouth and make a deep incision and, with a sharp cut, draw the knife quickly through body and entire length of tail. Open lobster, remove intestinal vein, liver, and stomach, and crack claw shells with a mallet.

BAKED LIVE LOBSTER

Split a live lobster and place in dripping pan. Cook liver of lobster with 1 tablespoon butter 3 minutes. Season highly with salt, cayenne, and Worcestershire Sauce. Spread over lobster and bake 15 minutes in hot oven (450° F.). Serves 2.

PLANKED LIVE LOBSTER

Live lobster	Sliced tomatoes, peeled and chilled
Olive oil or melted butter	Sliced cucumbers
Julienne potatoes	Parsley
Salt, pepper, and lemon juice	

Prepare lobster as for Baked Live Lobster, brushing with oil or butter. Bake 15 minutes in hot oven (450° F.). Remove to plank, garnish with potatoes, tomatoes, cucumbers, and parsley. Over lobster pour melted butter seasoned with salt, pepper, and lemon juice. Serves 2.

PLANKED LIVE LOBSTER WITH OYSTERS

1 live lobster (1½ pounds)
1 cup oysters

Salt and pepper
Butter

Split and bake as for Planked Live Lobster, cooking only 12 minutes. Clean oysters (p. 251) and arrange over tail and body meat of lobster. Sprinkle with salt and pepper and dot over generously with butter. Bake in hot oven (450° F.) until oysters are plump and edges curl. Serves 2.

LOBSTER À L'AMÉRICAINE

2 tablespoons butter
 $\frac{1}{2}$ tablespoon finely chopped onion
 2 tablespoons flour
 1 cup stewed and strained tomatoes
 $\frac{1}{8}$ teaspoon

1½ cups cooked lobster meat,
diced liver kept separate
2 tablespoons sherry
½ teaspoon salt
orika

Cook onion in butter until yellow.

Add flour. Pour on tomato gradually. Add 1 tablespoon sherry to liver and add to sauce with salt and paprika. Add lobster meat. Heat and add remaining sherry. Serves 4 to 6.

LIVE LOBSTER EN BROCHETTE

Split a live lobster, remove meat from tail and large claws, cut in pieces, and arrange on skewers, alternating pieces with small slices of bacon. Fry in deep fat and drain. Cook liver of lobster with 1 tablespoon butter 3 minutes, season highly with mustard and cayenne, and serve with lobster. Serves 2 to 4.

LOBSTER À LA MUISSET

2 live lobsters (1½ pounds each)
1 tablespoon finely chopped shallot
3 tablespoons chopped carrot
6 tablespoons butter
2 sprigs thyme
½ bay leaf

1 teaspoon salt
1½ cups Brown Stock
(p. 144)
¾ cup stewed and strained
tomatoes
3 tablespoons cooking sherry
Finely chopped chives

2 red peppers from pepper sauce

Cut lobsters in pieces for serving, remove intestinal vein and lady, and crack large claws. Cook shallot and carrot in 2 tablespoons

butter 10 minutes, stirring constantly that carrots may not burn. Add thyme, bay leaf, peppers, salt, stock, tomatoes, and sherry. Add lobster. Cook 15 minutes. Remove lobster to serving dish. Thicken sauce with flour and remaining butter cooked together. Pour sauce over lobster and sprinkle with finely chopped chives.

OYSTERS

Oysters are obtainable all the year, but are in season from September to May. During the summer months they are flabby and of poor flavor, although when fresh they are perfectly wholesome. *Mussels*, eaten in England and other parts of Europe, are similar to oysters, though of inferior quality.

To Open Oysters. Put a thin flat knife under the back end of the right valve and push forward until it cuts the strong muscle which holds the shells together. As soon as this is done, the right valve may be raised and separated from the left.

To Clean Oysters. Put oysters in a strainer placed over a bowl. Pour over oysters cold water, allowing $\frac{1}{2}$ cup water to each quart oysters. This is to loosen bits of shell. Carefully pick over oysters, taking each one separately in the fingers, to remove any particles of shell which adhere to tough muscle. Water used in cleaning may be used in place of or with oyster liquor.

To Parboil Oysters. Put cleaned oysters in saucepan with water and liquor drained from them. Heat and cook only until oysters are plump and edges begin to curl. Drain and add water, if necessary, to make up amount of oyster liquor called for in recipe. Strain through cheesecloth to remove scum.

OYSTER STEW (p. 160)

ROASTED OYSTERS

Oysters for roasting should be bought in the shell. Wash thoroughly, scrubbing with a brush. Put in dripping pan, deep side of shell down, and cook in hot oven until shells part. Open, sprinkle with salt and pepper, and serve in deep halves of the shells.

OYSTERS, CASINO

Open oysters carefully to retain juice. Remove upper shell, leaving oysters in deeper half. Sprinkle each with few drops of lemon juice and a bit of finely minced green pepper. Season with salt and pepper and on each put a half-inch square of bacon or 3 small bits. Set in pan of coarse salt and bake in hot oven (450° F.) or under broiler until bacon crisps.

BROILED OR SAUTÉED OYSTERS

1 pint selected oysters ¼ cup melted butter
 ⅔ cup seasoned cracker crumbs

Clean oysters and dry between towels. Lift with silver fork by the tough muscle and dip in butter, then in cracker crumbs which have been seasoned with salt and pepper. Place in buttered wire broiler and broil until juices flow, turning while broiling. Or, put 2 tablespoons butter in hot frying pan, add oysters, brown on 1 side, then turn and brown on the other. Serve with Maitre d'Hotel Butter (p. 204), if desired. Serves 4.

OYSTERS WITH BACON

Clean oysters, wrap a thin slice of bacon around each, and fasten with small wooden skewers. Put in broiler, place broiler over dripping pan, and bake in hot oven until bacon is crisp and brown, turning once during cooking. Drain on brown paper.

FRIED OYSTERS

Clean selected oysters and dry between towels. Dip in Batter I (p. 392) or season with salt and pepper, dip in flour, egg, and cracker or stale bread crumbs, and fry in deep fat (375° F.). Drain on brown paper. Garnish with lemon and parsley. If desired, serve with Sauce Tyrolienne (p. 207) and Philadelphia Relish (p. 188).

PANNED OYSTERS

Clean 1 pint large oysters. Place in dripping pan small oblong pieces of toast, put an oyster on each piece, sprinkle with salt and pepper, and bake until oysters are plump. Serve with Lemon Butter (p. 203). Serves 4.

FANCY ROAST

Clean 1 pint oysters and drain from their liquor. Cook in chafing dish or omelet pan until oysters are plump and edges begin to curl. Shake pan to prevent oysters from adhering to pan, or stir with fork. Season with salt, pepper, and 2 tablespoons butter, and pour over small slices of toast. Garnish with toast points and parsley. Serves 4.

OYSTER FRICASSEE

1 pint oysters	$\frac{1}{4}$ teaspoon salt
Milk or cream	Few grains cayenne
2 tablespoons butter	1 teaspoon parsley, finely chopped
2 tablespoons flour	1 egg, slightly beaten

Parboil oysters (p. 251) and add enough cream to liquor to make a cupful. Melt butter, add flour, and pour on gradually hot liquid; stir until thickened and add salt, cayenne, parsley, oysters, and egg. Serves 4.

CREAMED OYSTERS

1 pint oysters	$1\frac{1}{2}$ cups White Sauce (p. 191)
	$\frac{1}{2}$ teaspoon celery salt

Parboil oysters (p. 251), drain, and add to White Sauce seasoned with celery salt. Serve on toast, in timbale cases, patty shells, or vol-au-vents. Add $\frac{1}{4}$ cup sliced mushrooms, if desired. Oyster liquor may replace an equal amount of milk, in making sauce.

SAVORY OYSTERS

1 pint oysters	$\frac{1}{2}$ cup milk or Brown Stock (p. 144)
$\frac{1}{4}$ cup butter	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup flour	1 teaspoon Anchovy Sauce or
1 cup oyster liquor	Worcestershire Sauce
	$\frac{1}{8}$ teaspoon pepper

Parboil oysters (p. 251), brown butter, add flour, and stir until well browned; then add oyster liquor, milk, seasonings, and oysters. Add a few drops onion juice, if desired. Serves 4 to 6.

OYSTERS À LA ASTOR

1 pint oysters	1½ teaspoons lemon juice
2 tablespoons butter	1½ teaspoons vinegar
1 teaspoon finely chopped shallot	1 teaspoon Worcestershire Sauce
1 tablespoon finely cut red pepper	½ teaspoon beef extract
2 tablespoons flour	Salt and paprika

Parboil oysters (p. 251), drain, and to liquor add enough water to make one cup liquid; then strain. Cook butter, shallot, and pepper 3 minutes, add flour, and pour on gradually, while stirring constantly, oyster liquor. Add seasonings and oysters. Remove oysters to small pieces of bread sautéed in butter on one side. Pour sauce over oysters and garnish with thin slices of cucumber pickles.

OYSTERS À LA D'UXELLES

1 pint oysters	½ teaspoon lemon juice
2 tablespoons chopped mushrooms	Few grains cayenne
2 tablespoons butter	1 egg yolk
½ teaspoon salt	2 tablespoons flour

Parboil oysters (p. 251). Reserve liquor and strain. Add water to make $\frac{3}{4}$ cup. Cook butter and mushrooms 5 minutes, add flour and oyster liquor gradually; cook 3 minutes. Add seasonings, oysters, and egg yolk. Serve on thin toast. Serves 4.

OYSTERS À LA THORNDIKE

1 pint oysters	Few grains cayenne
2 tablespoons butter	Slight grating nutmeg
½ teaspoon salt	¼ cup thin cream
2 egg yolks	

Clean and drain oysters. Melt butter, add oysters, and cook until oysters are plump. Add seasonings, cream, and egg yolks. Cook until sauce is slightly thickened, stirring constantly. Serve on toast. Serves 4.

JACK'S OYSTER AND TRIPE RAGOÛT

1 cup tripe, parboiled and cut in ¾-inch pieces	3 tablespoons butter
1 cup small boiled onions	4 tablespoons flour
2 cups oysters	1½ cups thin cream or top milk
	2 egg yolks, slightly beaten
Salt, pepper, paprika	

Make white sauce of butter, flour, and milk. Add tripe, onions, and oysters. Heat thoroughly, add egg yolks, and season to taste. Serve on toast. Serves 6 to 8.

DEVEILED OYSTERS ON HALF SHELLS

1 pint oysters	$\frac{1}{8}$ teaspoon nutmeg
1 tablespoon butter	Few grains cayenne
3 shallots, finely chopped	$\frac{1}{2}$ teaspoon made mustard
2 tablespoons flour	$\frac{1}{2}$ tablespoon Worcestershire Sauce
$\frac{1}{2}$ cup milk	3 chopped mushroom caps
$\frac{1}{4}$ cup cream	$\frac{1}{2}$ teaspoon chopped parsley
$\frac{1}{2}$ teaspoon salt	1 egg yolk

Buttered cracker crumbs

Wash and chop oysters. Cook shallots in butter 3 minutes, add flour, and stir until well blended; then add milk and cream. Bring to boiling point, add oysters and remaining ingredients, except egg yolk and crumbs, and simmer 12 minutes. Add egg yolk, put mixture in deep halves of oyster shells, cover with buttered crumbs, and bake 15 minutes. These may be served as a first course.

OYSTERS AND MACARONI

1 pint oysters	Flour
$1\frac{1}{2}$ cups boiled macaroni (p. 380)	$\frac{1}{2}$ cup buttered crumbs
Salt and pepper	$\frac{1}{4}$ cup butter

Put a layer of macaroni in bottom of a buttered baking dish, cover with oysters, sprinkle with salt and pepper, dredge with flour, dot over with half the butter; repeat and cover with buttered crumbs. Bake 20 minutes in hot oven (450° F.). Serves 4 to 6.

NORFOLK OYSTERS

$1\frac{1}{2}$ cups hot boiled rice	Butter
1 pint oysters	Salt
1 cup Thin White Sauce (p. 192)	Pepper
1 cup buttered cracker crumbs	

Cover bottom of buttered baking dish with half the rice, cover rice with half the oysters, pour over half the sauce, dot with butter, and sprinkle with salt and pepper; repeat, using remaining ingredients. Cover with crumbs and bake in hot oven (450° F.) 30 minutes. Serves 4 to 6.

SCALLOPED OYSTERS

1 pint oysters	1 cup cracker crumbs
4 tablespoons oyster liquor	$\frac{1}{2}$ cup melted butter
2 tablespoons milk or cream	Salt
$\frac{1}{2}$ cup stale bread crumbs	Pepper

Mix bread and cracker crumbs and stir in butter. Put a thin layer in bottom of shallow, buttered baking dish, cover with oysters, and sprinkle with salt and pepper; add half, each, oyster liquor and milk or cream. Repeat and cover top with remaining crumbs. Bake 30 minutes in hot oven (450° F.). Never allow more than 2 layers of oysters for Scalloped Oysters; if 3 layers are used, the middle layer will be underdone, while others are properly cooked. If desired, sprinkle each layer with mace or grated nutmeg. Serves 4.

OYSTERS LOUISIANE

1 quart oysters	$\frac{1}{2}$ teaspoon salt
3 tablespoons butter	$\frac{1}{8}$ teaspoon paprika
2 tablespoons chopped red pepper	Few grains cayenne
$\frac{1}{2}$ tablespoon finely chopped shallot	$\frac{1}{2}$ cup grated Parmesan
4 tablespoons flour	cheese

Duchess Potatoes (p. 432)

Parboil oysters (p. 251), reserve liquor, and add enough water to make $1\frac{1}{2}$ cups. Cook butter 5 minutes with red pepper and shallot. Add flour and stir until well blended; then pour on oyster liquor gradually, while stirring constantly. Bring to boiling point and season with salt, paprika, and cayenne. Arrange oysters in large buttered scallop shells, pour on the sauce, sprinkle with cheese, and pipe around edges of shells a border of Duchess Potatoes. Arrange in pan and bake until thoroughly reheated (400° F.). Serves 6 to 8.

OYSTER PIE

Line shallow pie plate with pastry, fill with oysters (not more than 2 layers), sprinkle with salt and pepper, dot over with butter, cover with pastry, prick and bake in hot oven (400° F.) until brown. This is especially delicious served with ham.

SCALLOPS

Scallops are shellfish of which the only part eaten is the muscle used for opening and closing the shell. Deep-sea scallops are larger than those found nearer shore.

Clean and parboil scallops like oysters (p. 251).

SAUTÉED SCALLOPS À LA MEUNIÈRE

Parboil scallops, brush with melted butter, and roll in salted flour. Sauté in butter. Arrange on serving dish and pour over butter. If desired, sprinkle with lemon juice and finely chopped parsley.

SAVOY SCALLOPS

1 quart scallops	3 tablespoons flour
Fish Stock (p. 160) or water	$\frac{1}{2}$ cup Mayonnaise
3 tablespoons butter	$\frac{1}{2}$ teaspoon thyme

Parboil scallops, drain, and cut in quarters. To scallop liquor add enough Fish Stock to make $1\frac{1}{3}$ cups. Melt butter, add flour, and stir until well blended: then add fish liquor gradually, while stirring constantly. Bring to boiling point, place over low heat, and add gradually Mayonnaise; then scallops and thyme. Keep hot in double boiler, but do not allow mixture to boil. For the thyme, remove the tiny leaves from sprigs of dried thyme. Serves 6.

SAMOSET SCALLOPS

1 pint scallops	Few grains soda
1 tablespoon butter	1 cup finely cut, soft mild cheese
1 tablespoon flour	1 egg, slightly beaten
$\frac{1}{2}$ cup thin cream	Salt and cayenne
$\frac{1}{3}$ cup stewed and strained tomatoes	Mustard

Parboil scallops in their own liquor; drain and cut in quarters. Melt butter, add flour, and stir until well blended; then add cream gradually, while stirring constantly. Bring to boiling point, add slowly tomatoes mixed with soda. Again bring to boiling point, add cheese, and, as soon as cheese has melted, add egg, scallops, and seasoning. Serve on toast. Serves 6.

SCALLOPS BRESLOISE

1 pint scallops	2 tablespoons butter
1 cup water <i>or</i>	1 tablespoon flour
$\frac{1}{2}$ cup water and	3 tablespoons fresh bread crumbs
$\frac{1}{2}$ cup white cooking wine	$\frac{1}{2}$ clove garlic, finely chopped
$\frac{1}{2}$ teaspoon salt	1 teaspoon chopped parsley
$\frac{1}{8}$ teaspoon pepper	1 egg yolk
1 small white onion, chopped	$\frac{3}{4}$ cup buttered bread crumbs

Cook scallops 5 minutes in water or water and wine, to which salt and pepper have been added; drain, reserving liquor, and chop. Cook onion with butter 5 minutes, stirring constantly; add flour and stir until well blended; then pour on gradually, while stirring constantly, liquor drained from scallops. Bring to boiling point and add scallops and remaining ingredients, except buttered crumbs. Fill buttered shells with mixture, sprinkle with crumbs, arrange in pan, and bake until crumbs are brown. Serves 6.

FRIED SCALLOPS

Clean 1 quart scallops, drain, and dry very carefully between towels. Season with salt and pepper, dip in egg and crumbs, and fry 2 minutes in deep fat (385° F.). Drain on brown paper.

FRIED SCALLOPS À LA HUNTINGTON

1 quart scallops	3 tablespoons chopped, cooked ham
Juice 1 lemon	4 tablespoons soft, stale bread crumbs
1 tablespoon olive oil	2 tablespoons grated Parmesan cheese
1 teaspoon finely chopped parsley	1 teaspoon chives, finely cut
1 teaspoon salt	
$\frac{1}{2}$ teaspoon pepper	

Clean scallops, add lemon juice, oil, parsley, salt, and pepper. Cover, let stand 30 minutes. Drain. Mix other ingredients. Dip scallops in egg, roll in mixture, fry in deep fat (385° F.), and drain on brown paper. Sprinkle with salt. Serves 6.

SCALLOPED SCALLOPS

1 pint scallops	$\frac{1}{2}$ cup soft bread crumbs
$\frac{1}{2}$ cup butter	$\frac{2}{3}$ cup cream or top milk
1 cup cracker crumbs	Salt and pepper

Wash and pick over scallops. Melt butter and add crumbs. Put layer of crumbs in buttered dish, cover with scallops, add half the cream, and season with salt and pepper; repeat, cover with buttered crumbs, and bake in moderate oven (350° F.) until crumbs are brown (about 25 minutes). Serves 4 to 6.

SHRIMPS

Shrimps are small shellfish. Only the tail meat is eaten. They are sold raw or boiled, or canned. For Shrimp Soup, Shrimp Salad, etc., consult index.

BOILED SHRIMPS

Boil in salted water or Court Bouillon (p. 214) 20 minutes or until shells turn pink. Cool in water in which they were boiled.

To Shell Boiled Shrimps. Remove shell with fingers. Make a cut along outside and remove black line (the intestine).

Creamed Shrimps. Shell and serve in Savory Cream Sauce (p. 191).

Shrimps with Dill. Shell and heat in cream seasoned with salt and a bit of finely cut fresh dill. Serve with dry boiled rice.

Sautéed Shrimps. Shell and sauté lightly in melted butter. Pour butter over shrimps. If desired, sprinkle with finely chopped parsley.

Sautéed shrimps are delicious as an hors d'œuvre. Serve on toothpicks. Pass melted butter, highly seasoned with lemon or lime juice and pepper.

CHAPTER 20

BEEF

Care of Meat Before Cooking. Remove from paper, since otherwise paper would absorb some of the juices. Place in covered dish in coolest part of refrigerator, but not where it will freeze.

Wipe meat, before cooking, with a cheesecloth wrung out of cold water, but do not allow it to stand in pan of cold water, as juices will be drawn out and foreign matter washed in.

Larding is introducing small pieces of fat salt pork or bacon through the surface of uncooked meat. The flavor of lean and dry meat is much improved by larding; tenderloin of beef (fillet), grouse, partridge, pigeon, and liver are often prepared in this way. This may be done at the market or at home. Pig pork, being firm, is best for larding. Chill pork thoroughly, remove rind, and use the part of pork which lies between rind and vein. With sharp knife (to make a clean cut) remove slices not more than $\frac{1}{4}$ inch thick; cut the slices into strips not more than $\frac{1}{4}$ inch wide; these strips should be about 2 inches long, and are called *lardoons*. Lardoons for small birds — quail, for example — should be smaller. To lard, insert one end of lardoon into larding needle, hold needle firmly, and with pointed end take up a stitch $\frac{1}{3}$ inch deep and $\frac{3}{4}$ inch wide; draw needle through, leaving lardoon in meat with ends projecting to equal lengths. Arrange lardoons in parallel rows, 1 inch apart, stitches in the alternate rows being directly underneath each other. Lard the upper surface of cuts of meat *with the grain*, never across it. In birds, insert lardoons at right angles to breastbone on either side. When large lardoons are forced through meat from surface to surface, the process is called *daubing*. Example: beef à la mode. Thin slices of fat salt pork placed over meat may be substituted for larding, but flavor is not the same as when pork is drawn through flesh, and the dish is far less attractive.

Meat Cooking. Cook tender cuts of meat quickly and at a high temperature, at the start, to keep in the juices. This applies to broiling, pan-broiling, frying, and searing for roasting. A *roast thermometer* inserted in the meat before cooking is an aid in determining when meat is done. Make a slight incision through fat covering or directly into roast, if fat side is not on top. Insert thermometer until bulb reaches center of roast. Leave thermometer in meat during cooking and roast until required temperature is reached. For temperatures, see chart inside front cover.

The less tender cuts may be started, like the tender cuts, at a high temperature to keep in the juices, but they must be completed by long, slow cooking, usually with the addition of water.

By putting meat in cold water and allowing water to heat gradually, a large amount of juice is extracted and meat is tasteless; and by long cooking the connective tissues are softened and dissolved, which gives to the stock when cold a jelly-like consistency. This principle applies to soup making.

By putting meat in boiling water, allowing the water to boil for a few minutes, then lowering the temperature, juices in the outer surface are quickly coagulated, and the inner juices are prevented from escaping. This principle applies where nutriment and flavor is desired in the meat, rather than in the stock.

By putting in cold water, bringing quickly to the boiling point, then lowering the temperature and cooking slowly until meat is tender, some of the goodness will be in the stock, but a large portion left in the meat. This applies to stews.

Selection of Beef. The quality of beef depends on the age of the animal and its feeding. The best beef is from a steer 4 or 5 years old. Beef should be firm and of fine-grained texture, and well marbled and coated with fat. Beef should hang about 2 weeks, which changes its color from bright red to purplish red. The fat should be firm and creamy white in color, the whiter the better. Suet should be dry and crumble easily.

Tender and less tender cuts have practically the same food value. The most expensive cuts are from parts of the animal where muscles are but little used, which makes the meat fine grained and consequently tender. These cuts can be cooked by any of the quick methods. Heat, moisture, and slow cooking help to break down the stronger fibers of the less tender cuts.

Cuts of Beef and Their Uses. Local variations from this list may be learned at any market. For the extra edible parts, consult Chapter 24, Liver, Sweetbreads, and other Meat Extras.

TENDER CUTS		LESS TENDER CUTS		
Steaks	Roasts	Steaks	Roasts and Pot Roasts	Stews
Sirloin Porterhouse Tenderloin Club Rib (short cut)	Rib Loin Tip of sirloin (in some sections)	Shoulder Chuck Flank Round Rump	Chuck ribs Cross arm Clod Round Rump	Neck Shoulder Skirt Shank Brisket Plate Flank Heel of round

BROILED STEAK

Select one of the tender steaks (see above), $1\frac{1}{2}$ to 2 inches thick. Trim off excess fat and wipe. Broil on rack in broiling pan or in wire broiler, greased with some of the fat. Broil under an electric grill, in the broiler of a gas stove, or over live coals. In gas stove, have steak 2 or 3 inches below flame and leave door open.

Sear quickly on one side. Then turn. Reduce heat and turn occasionally until at desired stage.

No definite time can be given for cooking a steak, because of varying thickness, degree of heat, and personal preference. A steak $1\frac{1}{2}$ inches thick requires about 12 minutes if liked rare; 20 to 30 minutes if liked medium or well done.

Remove to hot platter, spread with softened butter, and sprinkle with salt and pepper.

PAN-BROILED STEAK

Cook in hissing-hot frying pan rubbed over with trimmings of fat. Pour off accumulated fat so that meat will not fry. Do not add water and do not cover. After searing a thick steak, slip a rack under meat in pan, set pan in hot oven (450° F.) and finish.

Individual Cube Steaks. Pan-broil or broil very quickly, since these steaks are thin. Spread with butter. Season.

Accompaniments to Broiled or Pan-Broiled Steak

Maitre d'Hôtel Butter (p. 204).

Brown Mushroom Sauce I (p. 196). II (p. 200).

Mustard Sauce (p. 205).

Tomato and Mushroom Sauce I or II (pp. 199, 200).

Bordelaise Sauce (p. 197).

Victor Hugo Sauce (p. 202).

Hollandaise Sauce (p. 201) to which has been added a few drops onion juice and $\frac{1}{2}$ tablespoon finely chopped parsley. (Steak à la Chiron.)

Henriette Sauce (p. 202) half spread under steak and half on top.

Velouté (p. 194), flavored with tomato catsup.

Fried Onions (p. 473).

PLANKED STEAK

Broil or pan-broil a tender steak $1\frac{3}{4}$ inches thick for 7 minutes. Butter a plank and arrange, close to edge, a border of mashed or Duchess Potatoes (p. 432), using 3 times the recipe. Potato may be put through a pastry bag and rose tube, if desired. Remove steak to plank, put in hot oven (450° F.), and bake until steak is cooked and potatoes are brown. Spread steak with butter, sprinkle with salt, pepper, and finely chopped parsley, and garnish as desired.

Selection and Care of a Plank. Board for planked fish or steak should be of oak, one inch thick. It should be a little longer and wider than the fish or meat to be arranged on it. Brush a new plank with oil and warm in the oven before using. Potato border should come well to edge during cooking, so that wood will not scorch. If any part of plank is exposed, it should be well oiled. Wash thoroughly after using and dry slowly.

Suggested Combinations for Garnishing

Cauliflower, peas, and Egg Plant Timbales (p. 464).

Mushroom caps fried in butter, Broiled Tomatoes (p. 481) topped with cucumber slices.

Glazed Onions (p. 472), buttered carrot in Julienne strips, Jarvis Stuffed Peppers (p. 476), mushroom caps sautéed in butter.

Mashed Potato Nests filled with peas, buttered carrot cubes, Stuffed Tomatoes (p. 482).

Glazed Onions (p. 472), fried strips of green pepper.

Slices of cucumber and sections of tomato with French Dressing (p. 486).

Anchovies, olives stuffed with Green Butter (p. 428) and Stuffed Tomatoes (p. 482).

BROILED FILLETS OF BEEF (TOURNEDOES)

Have slices cut from fillet, $\frac{3}{4}$ inch thick. Broil or pan-broil (p. 262) 4 or 5 minutes. Serve with Maître d'Hôtel Butter (p. 204), Mushroom Sauce (p. 196), Sauce Trianon (p. 202), Sauce Figaro (p. 202), or Mustard Sauce (p. 205). Broiled filets may be served around a mound of Chestnut Purée (p. 459).

FILLETS OF BEEF À LA MOELLE

Season with salt and pepper and pan-broil 6 minutes. Remove marrow from a marrowbone, cut in $\frac{1}{8}$ -inch slices, poach in boiling water, and drain. Put a slice of marrow on each fillet. To liquor in pan add 1 tablespoon butter, 2 tablespoons flour, and 1 cup Brown Stock (p. 144). Season with salt and pepper. Pour sauce around meat.

FILLETS OF BEEF WITH STUFFED MUSHROOM CAPS

6 slices cut from fillet 1 inch thick	1 tablespoon onion
1 tablespoon butter, melted	Espagnole Sauce (p. 197)
6 mushroom caps	$\frac{1}{4}$ cup buttered crumbs
6 mushroom stems, finely chopped	Red pepper
1 tablespoon parsley	Green pepper

Add parsley, onion, and melted butter to chopped mushrooms. Moisten with Espagnole Sauce and fill caps. Pan-broil filets 6 minutes. Place a mushroom cap on each, sprinkle with crumbs, and bake in hot oven (425° F.) until crumbs are brown. Remove to serving dish, pour around Espagnole Sauce, and garnish with strips of red and green pepper cut in fancy shapes. Serves 6.

FILLETS OF BEEF À LA STANLEY

Pan-broil filets. Serve on each fillet a section of banana sautéed in butter, or serve the banana sections on Hominy and Horseradish Croquettes (p. 380). To fat remaining in pan add 2 tablespoons boiling water, $\frac{1}{2}$ teaspoon beef extract, and 1 tablespoon butter. Pour around beef.

CHÂTEAUBRIAND OF BEEF

Trim off fat and skin from 3 pounds of beef cut from center of fillet and flatten with a broad-bladed cleaver. Sprinkle with salt, brush over with olive oil, and broil 20 minutes. Remove to serving dish, garnish with red pepper cut in fancy shapes and parsley. Serve with Espagnole Sauce or Brown Sauce (p. 196). Serves 6.

SWISS STEAK

1½ pounds lean beef	¾ teaspoon salt
1½ tablespoons melted suet	Few grains pepper
¼ cup flour	1½ cups hot tomatoes

Sift flour with salt and pepper and pound thoroughly into steak. Sear steak in suet in heavy pan. Add tomatoes. Cover and simmer 2 hours or until meat is very tender. Add water from time to time as needed. Serves 4.

Vegetables may be added as desired. Meat may be cut in pieces for serving before cooking.

SMOTHERED ROUND STEAK

3 slices fat salt pork,	1½ cups cold water
3 by 4 inches	¼ teaspoon salt
1 onion, cut in thin slices	1 tablespoon butter
2-pound slice round steak	2 tablespoons flour

Try out pork and add onion. Cook, stirring constantly, until onion is brown. Put in water and salt. Bring quickly to boiling point, add steak, cover closely, lower heat, and simmer until meat is tender. Remove steak to hot platter and strain stock, of which there should be 1 cup. Melt butter, add flour, and stir until well blended; then pour on gradually, while stirring constantly, hot stock. Bring to boiling point, season with salt and pepper, and pour over steak. Serves 6.

HAMBURG STEAK OR PATTIES

Finely chopped, lean, raw beef	Salt and pepper	Butter
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Shape beef in a large cake or in small, round cakes, handling as little as possible. Broil or pan-broil. Sprinkle with salt and pepper and spread with softened butter or serve with any sauce

suggested for Broiled Steak (p. 262). A slice of fat salt pork may be chopped with beef to give additional flavor.

With Milk. Add $\frac{3}{4}$ cup milk and few drops onion juice. Mix lightly with fork.

With Egg. Add 1 egg, slightly beaten, and a few gratings of nutmeg.

SALISBURY STEAK

1 pound chopped beef	$\frac{1}{4}$ teaspoon pepper
1 teaspoon salt	$\frac{1}{2}$ cup cream
Fresh bread crumbs	

Mix beef with seasonings and cream, form lightly into individual steaks or into 1 large steak. Coat lightly with crumbs and broil 6 to 8 minutes in broiling oven, turning once, or in hot frying pan, turning frequently. Place on hot platter. To fat in pan, add $\frac{1}{2}$ cup boiling water, bring to boiling point, and pour over steak.

BROILED HAMBURG STEAK ON ONION RINGS

1 pound finely chopped, lean, raw beef	1 tablespoon chopped parsley
$\frac{1}{4}$ cup ground suet	3 tablespoons butter
1 cup soft, fine bread crumbs	2 tablespoons onion juice
7 strips bacon	$\frac{1}{2}$ teaspoon salt
7 slices Spanish onion ($\frac{1}{2}$ inch thick)	$\frac{1}{8}$ teaspoon pepper
	1 tablespoon water

Lay onion in buttered, shallow baking dish. Pour over 2 tablespoons melted butter, sprinkle with salt and pepper, cover closely, bake until tender (about 30 minutes) in moderate oven (350° F.). Cook parsley in rest of butter and add to beef, suet, crumbs, and seasonings. Mold into 7 flat cakes and wrap each with a slice of bacon. Place each cake on an onion slice in baking dish and cook in broiling oven, 5 minutes on each side. Baste twice.

BEEF DOVES

1 cup chopped, raw beef ($\frac{1}{2}$ pound)	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{3}$ cup uncooked rice	Few grains cayenne
$\frac{1}{2}$ teaspoon salt	Cabbage leaves
	Brown Tomato Sauce (p. 198)

Mix beef and rice and add salt, pepper, and cayenne. Cook cabbage leaves 2 minutes in boiling water to cover. In each leaf put 2 tablespoons mixture and fold leaf to inclose mixture. Simmer 1 hour in Tomato Sauce. Serves 4.

VIENNA STEAKS

$\frac{1}{2}$ pound raw lean beef, chopped	$\frac{1}{2}$ teaspoon celery salt
$\frac{1}{2}$ pound raw lean veal, chopped	Few gratings nutmeg
$1\frac{1}{2}$ teaspoons salt	1 teaspoon lemon juice
$\frac{1}{4}$ teaspoon paprika	Few drops onion juice
1 egg, well beaten	

Form into oval cakes. Cook like Hamburg Steak. Spread with 3 tablespoons butter, creamed and seasoned with $\frac{1}{2}$ teaspoon salt and few grains of pepper. Serves 3 or 4.

SWEDISH MEAT BALLS

1 pound lean raw beef, finely chopped	Few grains nutmeg
$\frac{1}{2}$ cup stale bread crumbs	3 slices fat salt pork 3 inches square
1 egg, slightly beaten	2 tablespoons butter
$\frac{2}{3}$ teaspoon salt	2 tablespoons flour
$\frac{1}{8}$ teaspoon pepper	$1\frac{3}{4}$ cups Brown Stock (p. 144)
	Dumplings if desired (p. 275)

Combine meat, crumbs, egg, salt, pepper, and nutmeg. Make into balls, $1\frac{1}{2}$ inches in diameter, using as little pressure as possible. Cover and let stand 1 hour. Brown meat balls in pork fat. Melt butter, add flour, and stir until well blended; then pour on brown stock gradually, while stirring constantly. Bring to boiling point and season with salt and pepper. Add balls to sauce, cover, and simmer $1\frac{1}{2}$ hours. Serve with dumplings if desired. Serves 4 to 6.

SPAGHETTI WITH HAMBURG

$\frac{1}{2}$ pound chopped raw beef	1 teaspoon Worcestershire
1 medium-sized onion, chopped	Sauce
1 small, sweet red pepper	2 cups strained tomato or
$\frac{1}{4}$ pound grated cheese	2 cans tomato soup
2 teaspoons salt	1 package spaghetti, boiled

Cook pepper and onion in butter. Add meat. Cook until browned. Add other ingredients and cook slowly 1 hour. Meat may be shaped in small balls.

AMERICAN CHOP SUEY

$\frac{1}{3}$ package egg noodles	4 tablespoons olive oil
2 quarts boiling salted water	$\frac{3}{4}$ pound chopped raw beef
2 cups canned tomato	1 stalk celery, cut in fine strips 2 inches long
$\frac{1}{4}$ pound cheese, forced through food chopper	$\frac{1}{2}$ teaspoon chop suey sauce
1 large onion, cut in slices	Salt and pepper to taste

Cook noodles in boiling water until soft, drain, and return to kettle. Add tomato and cheese and stir and cook until cheese is melted. Cook onion in olive oil until slightly yellow. Add meat and stir until meat is browned. Add celery and add all to the noodles with chop suey sauce and salt and pepper. Serve very hot.

BEEF LOAF I (CANNELON OF BEEF I)

2 pounds lean beef, chopped	2 tablespoons melted butter
Grated rind $\frac{1}{2}$ lemon	Few gratings nutmeg
1 tablespoon finely chopped parsley	1 teaspoon salt
1 egg or 2 egg yolks	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ teaspoon onion juice	4 slices fat salt pork

Combine ingredients (except pork) in order given. Shape in roll 6 inches long, place on rack in dripping pan, and arrange pork slices over top slices. Bake 30 minutes in hot oven (400° F.). Baste every 5 minutes with $\frac{1}{4}$ cup butter melted in 1 cup boiling water. Serve with Brown Mushroom Sauce (p. 196). Serves 6 to 8.

BEEF LOAF II (CANNELON OF BEEF II)

1 $\frac{1}{2}$ pounds finely chopped lean beef	$\frac{1}{3}$ cup finely chopped salt pork
Tomato Sauce (p. 198)	Salt and pepper

Combine beef and pork. Season. Shape in roll, wrap in buttered paper, place on rack in dripping pan, and bake in hot oven (400° F.) 35 minutes, basting every 5 minutes with butter melted in boiling water, using 3 tablespoons butter and $\frac{3}{4}$ cup water. Remove from paper to serving dish. Pour on sauce. Garnish with parsley. Serves 6.

PIMIENTO BEEF LOAF

1 pound chopped beef	2 tablespoons melted butter <i>or</i>
$\frac{1}{2}$ cup dry bread crumbs	other fat
$\frac{1}{2}$ cup canned tomatoes	2 tablespoons stock <i>or</i> boiling water
1 canned pimiento, chopped	1 teaspoon salt
1 egg yolk	$\frac{1}{4}$ teaspoon pepper
Fat salt pork, thinly sliced	

Mix ingredients (except salt pork) and press into bread pan. Turn out on greased cake pan on 3 slices salt pork. Arrange fine strips of pork over top and bake 1 hour in hot oven (450° F.), basting frequently with stock or boiling water and afterwards with liquid in pan. Serve with Brown Sauce (p. 196) to which has been added 1 pimiento cut in pieces. Serves 6.

SUITABLE CUTS FOR ROAST BEEF

Rib and loin make most desirable roasts because they are tender, well marbled, and heavily coated with fat. Because of demand for steaks, the loin is seldom sold for roasts. The so-called prime rib cut is made up of seven or eight ribs, depending upon the method of "ribbing" or quartering. The choicest rib roasts are the last ribs, although commonly spoken of as the "first rib" cut, in reality the tenth, eleventh, twelfth, and thirteenth ribs. According to the standard or Chicago method of quartering, which leaves the thirteenth rib on the hind quarter, the first rib cut is the twelfth rib of the animal. Sirloin tip is an excellent cut, but one available only in certain localities, notably Boston.

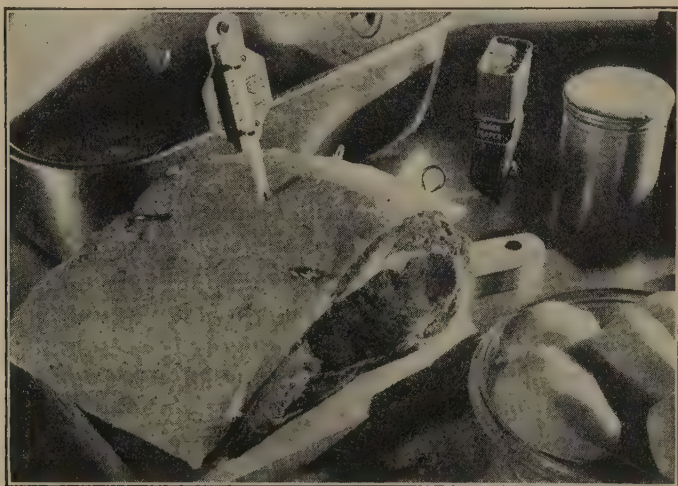
ROAST BEEF

Wipe, rub with salt (allowing $\frac{1}{2}$ teaspoon to the pound), pepper, and flour.

Place, *fat side up*, in an open pan without water. If roast is very lean, fasten a flattened layer of suet over the top with string or skewers. If roast is of such a shape that it cannot be placed fat side up, place a few trimmings of fat on top and baste occasionally. Otherwise, basting is unnecessary, as fat will baste meat as it melts.

Place meat in very hot oven (500° F.). Sear 20 minutes until

lightly browned. Reduce heat to slow oven (300° F.) and continue roasting. Allow about 16 minutes to the pound for rare beef, 22 minutes to the pound for medium, 30 minutes to the pound for well-done beef. A roast thermometer (p. 261) will read 140° F. for a rare roast, 160° F. for a medium roast, and 180° F. for a well-done roast.



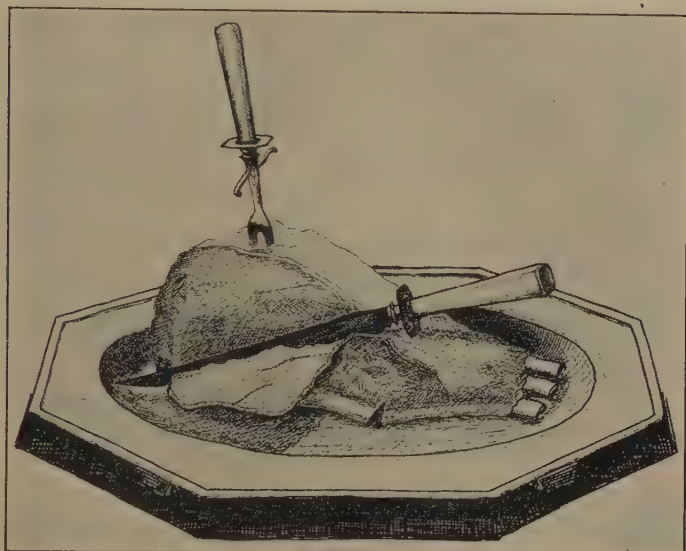
Use a Roast Thermometer for Uniform Results

To Carve a Roast of Beef. Have roast placed on platter, skin side up; with a pointed, thin-bladed, sharp knife cut a sirloin or rib roast in thin slices (see opposite page), then cut the slices from ribs. If there is tenderloin, remove it from under the bone, and cut in thin slices across grain of meat. Carve back of rump in thin slices with the grain of meat; by so doing, some of the least tender muscle will be served with that which is tender. By cutting across grain of meat, the tenderest portion is sliced by itself, as is the less tender portion.

ROAST BEEF GRAVY

4 tablespoons fat from pan	1½ cups boiling water
5 tablespoons flour	Salt and pepper
Onion Juice, if liked	

Remove some of fat from pan, leaving 4 tablespoons. Set pan on top of stove. Brown flour thoroughly in fat, gradually add boiling water. Cook 5 minutes, season, and strain.



Carving Roast Beef

YORKSHIRE PUDDING

1 cup milk	2 eggs
1 cup flour	$\frac{1}{4}$ teaspoon salt

Mix salt and flour and add milk gradually, to form smooth paste; then add eggs and beat 2 minutes with an egg beater. Cover bottom of 2 hot bread pans with melted butter or some of beef fat tried out from roast; pour mixture in pan $\frac{1}{2}$ inch deep. Put in hot oven (450° F.) and bake 20 to 30 minutes, decreasing the heat as the baking is accomplished. Cut in squares for serving. Bake, if preferred, in greased, hissing-hot, iron gem pans.

LARDED FILLET OF BEEF

The tenderloin of beef which lies under the loin and rump is called fillet of beef. The fillet under the loin is known as the long

fillet, and when removed, no porterhouse steaks can be cut; therefore it commands a higher price than the short fillet, lying under rump. Two short fillets are often skewered together and served in place of a long fillet.

Order fillet larded, or wipe, remove fat, veins, and any tendonous portions; skewer in shape and lard upper side with grain of meat, following directions for larding (p. 260). Place on rack in small pan, sprinkle with salt and pepper, dredge with flour, and put in bottom of pan small pieces of pork. Bake 30 to 40 minutes in hot oven (425° F.), basting 3 times. Take out skewer, remove meat to hot platter, and garnish with watercress. Serve with Mushroom (p. 196), Figaro (p. 202), or Horse-radish Sauce I or II (p. 206).

FILLET OF BEEF WITH VEGETABLES

3-pound fillet of beef	1 cup cooked peas
1 cup butter	½ cup seeded raisins, cooked in
1 cup cooked carrots, cut	boiling salted water until soft
in fancy shapes	Caps from ½ pound mushrooms

Melt butter in hot frying pan, add fillet, and turn frequently until entire surface is seared and well browned; turn occasionally until done (about 30 minutes). Remove to serving dish and garnish with cooked peas and carrots, both well seasoned, raisins, and mushroom caps sautéed in butter 5 minutes. Serve with Brown Mushroom Sauce (p. 196). Serves 8.

BRAISED BEEF

3 pounds beef	Carrot	} ¼ cup each, cut in dice
2 thin slices fat salt pork	Turnip	
Salt and pepper	Onion	
½ teaspoon peppercorns	Celery	

Select any of the less tender cuts suggested for roasts (p. 262).

Try out pork and remove scraps. Wipe meat, sprinkle with salt and pepper, dredge with flour, and brown entire surface in pork fat. When turning meat, avoid piercing with fork or skewer, which allows the inner juices to escape. Place in deep baking dish and surround with vegetables, peppercorns, and 3 cups boiling water; cover closely and bake 4 hours in very slow oven (250° F.), basting

every half-hour, and turning after second hour. Throughout the cooking, the liquid should be kept below boiling point. Serve with Horse-radish Sauce (p. 206) or sauce made from liquor in pan.

BEEF À LA MODE

4-pound piece of beef, cut from the round	Pork fat	} cut in dice
12 strips fat salt pork for lardoons ($\frac{1}{4}$ inch wide, 4 to 6 inches long)	$\frac{1}{3}$ cup carrot	
Salt, pepper, flour	$\frac{1}{3}$ cup turnip	
	$\frac{1}{3}$ cup celery	
	$\frac{1}{3}$ cup onion	
	Sprig parsley	
Bit of bay leaf		

Insert lardoons (p. 260) in beef. Make incisions for lardoons by running large skewer through the meat. Season with salt and pepper, dredge with flour, and brown entire surface in pork fat. Put on trivet in kettle, surround with carrot, turnip, celery, onion, bay leaf, and water to half cover meat. Cover closely and cook slowly 4 hours, keeping liquor below boiling point. Remove to hot platter. Strain liquor, thicken, and season to serve as a gravy.

CHILI CON CARNE

2 pounds round or neck beef	2 tablespoons chili powder
$\frac{1}{4}$ cup chopped suet	1 clove garlic, finely cut
2 tablespoons flour	2 quarts cold water

Cut meat in small cubes. Sprinkle with salt and flour. Heat suet in kettle; brown meat and garlic in suet, stirring as it heats. Add other ingredients and simmer until meat is tender (2 or 3 hours). Serve with Lima or other shell beans. Serves 6.

OVEN STEW

1½ pounds lean beef, cut in 1½-inch cubes	$\frac{1}{2}$ teaspoon peppercorns
1 onion, sliced	2 cups hot water
8 slices carrot, $\frac{1}{4}$ inch thick	2 cups tomatoes, cooked or canned
2 sprigs parsley	3 tablespoons butter
1½ teaspoons salt	3 tablespoons flour
	1 cup peas, cooked or canned

Put meat in baking dish or bean pot and add onion, carrot, parsley, salt, peppercorns, hot water, and tomatoes. Cover and bake 3½ hours in slow oven (250° F.). Half an hour before serving, thicken with butter worked until creamy and mixed with flour, and add peas. Remove onion, carrot, parsley, and peppercorns.

POT ROAST OF BEEF

4- to 6-pound piece of beef	Salt, pepper, and flour
(for suitable cuts, see p. 262)	3 tablespoons beef fat
$\frac{1}{2}$ cup water	

Rub meat with salt, pepper, and flour. Brown all sides in fat. Slip low trivet under meat, add water, cover tightly, and simmer until tender (about 3 hours). Turn occasionally. If desired, add vegetables last hour of cooking.

For gravy, skim off 2 tablespoons fat, add 2 tablespoons flour, and cook and stir until well blended and slightly browned. Add 1 cup of meat stock or cold water. Stir until smooth. Season with salt, pepper, and chopped parsley.

POT ROAST, AMERICAN STYLE

4 pounds beef	$\frac{1}{2}$ cup hot water
Salt, pepper, flour	Boiled, sliced carrots or cauliflower
2-inch cube fat salt pork	Boiled potatoes, cut in eighths

Rub meat with salt and sprinkle with pepper. Try out pork and brown meat in fat. Place in casserole with water, cover, and cook 4 hours in slow oven (250° F.), adding more water as needed and turning 3 times during the cooking. Remove meat to hot serving dish, surround with vegetables. Pour melted butter over vegetables and garnish with parsley. Serves 10 or 12.

BEEF STEW WITH DUMPLINGS

Aitchbone, weighing 5 pounds	$\frac{1}{2}$ small onion, cut in thin
4 cups potatoes, cut in	slices
quarter-inch slices	$\frac{1}{4}$ cup flour
Turnip } $\frac{2}{3}$ cup each, cut in	Salt and pepper
Carrot } half-inch cubes	

Wipe meat, remove from bone, cut in $1\frac{1}{2}$ -inch cubes, sprinkle with salt and pepper, and dredge with flour. Cut some of the fat in small pieces and try out in frying pan. Add meat and stir constantly, that the surface may be quickly seared; when well browned, put in kettle, and rinse frying pan with boiling water, add bones

sawed in pieces, cover with boiling water, and boil 5 minutes. Reduce heat and cook until meat is tender (about 3 hours). Add carrot, turnip, and onion, with salt and pepper last hour of cooking. Half an hour before stew is done, add potatoes. Remove bones, large pieces of fat, and then skim. Thicken with $\frac{1}{4}$ cup flour, mixed with $\frac{1}{4}$ cup cold water. Cook 5 minutes. Pour into deep hot platter and surround with dumplings. Serves 8 generously.

Dumplings

2 cups flour	$\frac{1}{2}$ teaspoon salt
4 teaspoons baking powder	$\frac{3}{4}$ cup milk

Mix and sift dry ingredients. Add milk gradually. Toss on floured board, pat, and roll out half an inch thick. Shape with biscuit cutter, dipped in flour. Place close together in buttered steamer, cover closely, and steam 12 minutes. Makes 12 to 15.

With a little more milk added, mixture may be dropped by spoonfuls and cooked on top of stew. If necessary, remove some of liquid so that dumpling may rest on meat and potato and not settle into liquid. Keep closely covered.

HUNGARIAN GOULASH

2 pounds beef, cut in $1\frac{1}{2}$ -inch cubes	$1\frac{1}{2}$ cups potato cubes
1 quart boiling water or stock	1 large onion, chopped fine
2 cloves garlic	3 tablespoons butter
2 teaspoons paprika	3 tablespoons flour
$\frac{1}{8}$ teaspoon marjoram, if desired	

Melt butter, add onion and cook until tender and slightly brown. Add meat and cook 5 minutes. Add flour and seasonings. Stir until well blended. Add water or stock or part tomato juice. Cook slowly until tender (about 1 hour). Twenty minutes before serving, add potato cubes.

With Vegetables. Twenty minutes before serving, add tiny whole carrots, whole green beans, small onions, or lima beans. Season with $\frac{1}{8}$ teaspoon marjoram. Five minutes before serving, add tomato wedges or 1 cup stewed tomatoes. If desired, cook with onion, 1 tablespoon chopped green pepper.

With Veal. Use veal or half veal and half beef.

ENGLISH STEAK AND KIDNEY PIE

1½ pounds top round steak	1¼ tablespoons Worcestershire
3 lamb's kidneys	Sauce
1½ sliced onions	2 tablespoons flour
2½ tablespoons butter	½ teaspoon salt
1⅓ cups boiling water	⅛ teaspoon pepper

Wipe steak, remove fat, and cut lean meat in $\frac{3}{4}$ -inch cubes. Soak, pare, trim, and cut kidneys in $\frac{1}{4}$ -inch cubes. Try out fat removed from steak; add onion and stir constantly till well browned. Add 1 tablespoon butter, beef, and kidneys and stir constantly until entire surface of meat is well seared and browned; then remove to stewpan. To fat remaining in pan add boiling water and strain; add Worcestershire Sauce, salt, and pepper. Pour over meat, cover tightly, and let cook over low heat until meat is tender. Strain off liquid remaining in pan and thicken with remaining butter and flour mixed together.

When meat is cold, turn into baking dish (having a half-inch rim) in the center of which is placed an earthen cup, and pour over half the sauce, reserving the remainder to serve with the pie. Place on rim of dish a $\frac{3}{4}$ -inch strip of Puff Paste (p. 618), brush over with cold water, and put on cover of paste from the center of which a circular piece has been cut. Garnish with a braid of paste and 4 diamond-shaped pieces. Around edge make a row of parallel creases, $\frac{1}{2}$ inch apart, using the back of a knife. Between each 2 creases, snip paste 3 times with scissors. Bake in hot oven (450° F.).

This dish may be served as a stew or with a baking-powder biscuit crust.

PRESSED BEEF FLANK

Beef flank	Salt
Boiling water	½ teaspoon peppercorns
	Bit of bay leaf

Wipe meat, remove superfluous fat, and roll. Cover with boiling water, add seasonings and any bones that may be on hand. Cook slowly until meat is in shreds; there should be but little liquor in kettle when meat is done. Arrange meat in deep pan, pour over liquor, cover, and press with a heavy weight. Serve cold, thinly sliced.

CORNEB BEEF

The best pieces of corned beef are the rattleran and fancy brisket. The fancy brisket commands a higher price and may easily be told from the rattleran by the selvage on the lower side and the absence of bones. The upper end of brisket (butt end) is thick and composed mostly of lean meat, the middle cut has more fat but is not well mixed, while the lower (navel end) has a large quantity of fat. The rattleran contains a thick lean end; the second cut contains three distinct layers of meat and fat and is considered the best cut by those who prefer meat well streaked with fat. The rattleran has a thin end, which contains but one layer of lean meat and much fat, consequently is not a desirable piece.

New England corned beef is grayish brown. Other corned beef is cured with a much larger amount of saltpeter and is red.

TO COOK CORNEB BEEF

Wipe meat and tie securely in shape, if this has not already been done at market. Put in kettle, cover with cold water, and bring slowly to boiling point. Boil 5 minutes, remove scum, reduce heat, and simmer until tender. Cool slightly in water in which it was cooked, remove to dish, cover, and place a weight on cover, that meat may be well pressed. The lean meat and fat may be separated and put in alternate layers in a bread pan, then covered and pressed.

NEW ENGLAND BOILED DINNER

Serve warm, unpressed corned beef with cabbage, beets, turnips, carrots, and potatoes. Remove meat from water, skim off fat, and cook vegetables (except beets, which require a long time for cooking) in this water. Carrots and turnips, if small, may be cooked whole; if large, cut in pieces. Serve cabbage and beets in separate dishes, other vegetables on platter with meat.

BEEF IN MADE-OVER DISHES**ROAST BEEF WITH GRAVY OR MEXICAN SAUCE**

Cut cold roast beef in thin slices, place on warm platter, and pour on some of the gravy or Mexican Tomato Sauce (p. 199) reheated to boiling point. If meat is allowed to stand in gravy over heat, it becomes hard and tough.

BEEFSTEAK PIE

- | | |
|--|---|
| 1 to 2 cups cold broiled steak or
roast beef, cut in 1-inch cubes | 2 tablespoons flour
Salt, pepper |
| 3 cups boiling water | 1 cup potatoes, cut in
1/4-inch slices |
| 1/2 onion | |
| Baking-Powder Biscuit (p. 90) or Plain Paste (p. 621) | |

Cover meat with boiling water, add onion, and cook slowly 1 hour. Remove onion, thicken gravy with flour diluted with cold water, and season with salt and pepper. Add potatoes parboiled 8 minutes. Put in buttered baking dish, cool, cover with biscuit mixture cut in 2-inch rounds, or with a pastry layer size of dish. Bake in hot oven (450° F.). If covered with pastry, make several incisions on crust. Pastry may be baked separately and arranged on top of dish to serve.

CASSEROLE OF BEEF

- | | |
|---|--|
| 4 cups cold cooked beef, cut in
1-inch cubes | 1 teaspoon Worcestershire
Sauce |
| 2 cups Brown Sauce (p. 196)
or gravy | 1/2 teaspoon salt |
| 1/2 cup celery, cut in small pieces | 1/8 teaspoon pepper |
| 1/2 cup carrot, cut in small cubes | 1 cup peas, beans, or mush-
rooms, cooked or canned |
| 1 onion, thinly sliced | 1 cup potato balls, par-
boiled 10 minutes |
| 1 cup tomatoes, cooked or canned | |

Put first 9 ingredients in casserole dish. Cover and bake 1 hour in moderate oven (350° F.). Add other ingredients and cook 30 minutes longer or until potatoes are soft.

Various vegetables may be used, such as those suggested in Beef Stew with Dumplings (p. 274). Beef may be cooked on top of stove and served with Dumplings if desired.

COTTAGE PIE OR SHEPHERD'S PIE

Cover bottom of small, greased baking dish with hot mashed potato; add a thick layer of roast beef, chopped or cut in small pieces (seasoned with salt, pepper, and few drops onion juice) and moistened with some of the gravy; cover with a thin layer of mashed potato and bake in hot oven (425° F.) long enough to heat through.

RICE AND MEAT LOAF

$\frac{3}{4}$ cup uncooked rice	2 tablespoons flour
2 cups chopped cooked meat	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ cup gravy or stock	3 tablespoons chili sauce
2 tablespoons fat	1 tablespoon chopped onion
Tomato Sauce (p. 198)	

Boil rice in salted water. Mix meat with gravy or stock and salt. Add flour and butter creamed together. Heat to boiling point, add chili sauce and onion. Spread half the boiled rice in well-greased loaf pan, over this spread meat mixture, cover with remainder of rice, and press it down firmly. Steam for 40 minutes. Turn out on platter and surround with Tomato Sauce.

CECILS WITH TOMATO SAUCE

1 cup cold roast beef or rare steak, finely chopped	Worcestershire Sauce
Salt	2 tablespoons bread crumbs
Pepper	1 tablespoon melted butter
Onion juice	1 egg yolk, slightly beaten
	Tomato Sauce (p. 198)

Season beef with salt, pepper, onion juice, and Worcestershire Sauce; add remaining ingredients, shape in small croquettes, pointed at ends. Roll in flour, egg, and crumbs and fry (see Croquettes, p. 397). Serve with Tomato Sauce.

COLD ROAST BEEF À LA SHAPLEIGH

Pour Martinique French Dressing (p. 487) over cold roast beef and garnish with lettuce leaves, stoned olives, and curled celery.

CORNED OR ROAST BEEF HASH

2 cups cooked corned or roast beef, chopped	Milk or cream Salt
3 cups cold boiled potatoes, chopped	Pepper
Onion juice or chopped onion to taste	

Combine beef and potatoes. Season and moisten with milk or cream, put into a hot buttered frying pan, stir until well mixed, spread evenly, then place over low heat where it may brown slowly underneath (40 to 45 minutes). Use asbestos mat if cooked on gas stove. Turn and fold on a hot platter. Garnish with sprig of parsley in the middle. Chopped parsley, chopped green or red pepper, or pimientos cut in small pieces may be added to hash mixture.

With Beets. Add $1\frac{1}{2}$ cups finely chopped, cooked beets.

BROILED DRIED BEEF

Separate slices of dried beef and broil in broiling oven 2 or 3 minutes. Serve in place of bacon or as a garnish with Creamed Eggs (p. 362) and similar dishes.

CREAMED DRIED BEEF

$\frac{1}{2}$ pound smoked dried beef thinly sliced	1 cup Cream Sauce (p. 191), unsalted
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Remove skin and separate meat in pieces, cover with hot water, let stand 10 minutes, and drain. Add to sauce and cook in double boiler 10 minutes. Serves 4.

BROWNE D CREAMED DRIED BEEF

$\frac{1}{4}$ pound smoked dried beef, thinly sliced	2 tablespoons butter 2 tablespoons flour
1 cup milk	

Remove skin and cut meat in small pieces. Cook in butter until brown. Sprinkle with flour, stir until well blended. Add milk gradually. Bring to boiling point, stir, and cook 2 minutes. Add a few slices mushroom or strips of green pepper, if desired.

CHAPTER 21

LAMB AND MUTTON

Lamb is the name given to the flesh of immature sheep. The age at which the change from lamb to yearling takes place in the live animal is from 12 to 14 months.

“Spring lamb” refers to meat from young lambs of weaning age or younger which are usually sold for slaughter at ages ranging from 3 to 5 months. These come on the market in the early spring. The term “genuine” spring lamb is used during April, May, and June to differentiate early spring lambs from other lambs which resemble them, such as light “yearling lambs.” This term is gradually dropped after the regular supply of spring lambs in May and June.

“Hothouse lamb” refers to animals which are produced generally under artificial rather than climatic conditions. The flesh of such lambs is considered a delicacy and these are marketed during late winter and early spring months, principally from January to March.

Mutton comes from sheep about 3 years old. English South Down mutton is cut from even older animals.

To Select Lamb. Flesh is pinkish, deepening in color in older animals. Lean is firm and fine-grained. Fat is white, hard, and flaky. In chops, the bone at joint has a definite red color. In leg of lamb, the bone is serrated or ridged. Bones are moist.

To Select Mutton. Flesh is dull brick red. Lean is firm and fine-grained. Fat is hard, white, and flaky. In chops, the bone is white. In leg of mutton, the bone at joint is smooth and rounded. Bones are dry. Good mutton has a larger proportion of fat than good beef.

Lamb is usually preferred well done; mutton is often cooked rare.

LAMB AND MUTTON CUTS AND THEIR USES

ROASTS	STEWES AND POT ROASTS	CHOPS
Leg Loin (roast saddle) Rack (crown roast) Shoulder or chuck Breast (including flank) boned and stuffed	Shoulder or chuck Breast Flank	Loin or kidney, a bit of the tenderloin is at- tached Shoulder or chuck Rack or rib (for French chops); smaller, ten- derer than loin chops

For the *extra edible parts*, see Chapter 24, "Liver, Sweetbreads, and Other Meat Extras."

PAN-BROILED CHOPS

Rub hissing-hot heavy frying pan with piece of fat. Sear chops quickly on each side, reduce heat, and finish cooking, turning chops frequently, taking care not to pierce surface. Let stand on edge when nearly done to brown outside fat. Pour off excess fat occasionally so that chops will broil, not fry.

Thick chops may finish cooking in moderately hot oven (375° F.) after searing both sides. Slip low rack under chops in pan.

For time required for cooking, see Broiled Chops.

BROILED LAMB CHOPS

Wipe chops, remove superfluous fat. Loin or kidney chops may be boned, rolled, and wrapped in thin slices of bacon skewered into place.

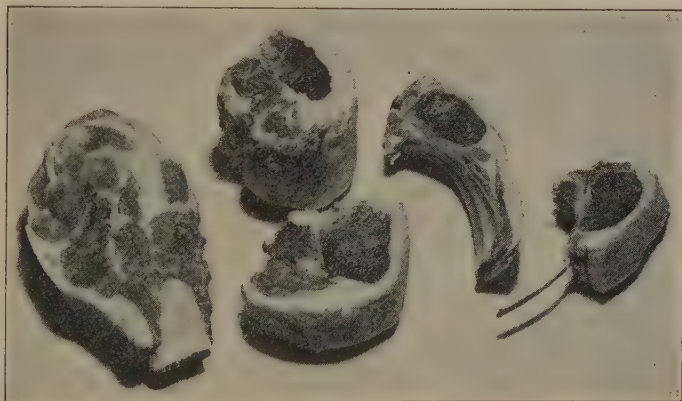
Place chops in broiler or on broiling rack greased with some of fat cut from chops. Broil under electric grill or flame of gas oven or over live coals. In gas oven, have chops 2 to 3 inches below moderate flame. Sear both sides. Lower flame and cook until done, turning occasionally.

If desired, chops may finish cooking in moderately hot oven (375° F.) after searing both sides.

Chops $1\frac{1}{2}$ to 2 inches thick require 20 to 35 minutes. Chops $\frac{3}{4}$ to 1 inch thick require 8 to 15 minutes. Sprinkle with salt and pepper and spread with softened butter.

BREADED LAMB CHOPS I

Wipe and trim chops, sprinkle with salt and pepper, dip in crumbs, egg, and crumbs, fry in deep fat (385° F.) from 5 to 8 minutes, and drain. Fry only 4 at a time, and allow fat to reheat between fryings. After testing fat for temperature, put in chops, and reduce heat, that surface of chops may not be too brown while the inside is still underdone.



Chops

Shoulder Chop. English Chop (Kidney Chop Cut Two Inches Thick). Kidney Chop. Rib Chop. French Chop

BREADED LAMB CHOPS II

Wipe and trim chops, sprinkle with salt and pepper, roll in flour, dip in egg, then in dry bread crumbs, and sauté in butter 8 minutes. Place in moderately hot oven (375° F.) to finish cooking. To fat in pan add small amount of boiling water and pour around chops.

PLANKED LAMB CHOPS

Follow recipe for Planked Steak (p. 263), substituting thick Broiled Chops for Steak.

WAYS OF SERVING LAMB CHOPS

Serve around mound of Mashed Potatoes (p. 432), French Fried Potatoes (p. 436), Green Peas (p. 474), or Turkish Pilaf (p. 377).

Serve on thin slices of Broiled Ham (p. 309), Fried Egg Plant (p. 463), or toast.

SAUCES FOR LAMB CHOPS

Tomato Sauce (p. 198)

Spanish Sauce (p. 198)

Mushroom Sauce (p. 196)

Mint Jelly

Soubise Sauce (p. 195)

Currant Jelly

Currant Mint Sauce (p. 205)

STUFFED LAMB CHOPS

Wipe and trim chops cut $1\frac{3}{4}$ inches thick. Split lean meat in half, cutting to bone. Stuff with any desired stuffing (p. 180), press together lightly, dip in crumbs, egg, and crumbs, and cook 30 to 45 minutes in hot oven (450° F.), turning once during cooking. Sausage meat may be used for stuffing.

Spanish Chops. Use Mushroom Stuffing (p. 182) and serve with Spanish Sauce (p. 198).

LAMB CHOPS À LA SIGNORA

Gash French chops on outer edge, cutting halfway through lean meat, insert slice of truffle, and proceed as for Breaded Chops I or II (p. 283). Serve on each a mushroom cap, broiled or baked in cream.

LAMB CHOPS, REFORME

Follow recipe for Breaded Chops II (p. 283), rolling them in finely chopped lean raw ham instead of bread crumbs. Use 5 tablespoons ham for 6 chops. Serve with Mushroom Sauce (p. 196) to which 2 gherkins and 1 truffle, cut in thin strips, may be added.

LAMB CHOPS EN PAPILOTTE

6 French chops	3 common crackers, rolled
Whites 3 hard-cooked eggs, finely chopped	and sifted
Yolks 3 hard-cooked eggs, forced through ricer	3 tablespoons melted-butter
	Salt, pepper
	Onion juice to taste

Cover chops with other ingredients, mixed together. Wrap in buttered paper cases. Bake 25 minutes in hot oven (450° F.). Remove from cases and serve garnished with parsley.

LAMB CHOPS À LA MARSEILLES

Pan-broil chops on one side, place in buttered baking dish, cooked side up, cover with Mushroom Sauce (p. 196), and bake 8 minutes in hot oven (450° F.).

MIXED GRILL (*for two*)

1 kidney lamb chop	Tomato, cut in half
1 French lamb chop	2 cooked potatoes, cut in thick slices
4 slices bacon	Maitre d'Hôtel Butter (p. 204)
1 lamb's kidney, split	

Brush tomato and potatoes with butter. Arrange on rack and broil. Potatoes may be cooked in broiling pan under bacon. Arrange on platter and pour on Maitre d'Hôtel Butter.

KERNELS OF LAMB, CURRANT MINT SAUCE

Wipe 8 lamb chops, remove eye of meat, and sauté in hot frying pan 6 to 8 minutes, sprinkling with salt the last 2 minutes of the cooking. Remove to hot dish. Serve with Currant Mint Sauce (p. 205).

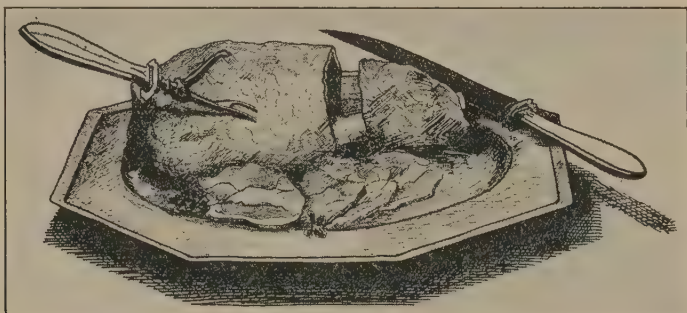
TOURNEDOES OF LAMB

Order 6 kidney lamb chops cut 2 inches thick. Remove fat and bone and skewer lean meat into 6 circular pieces. Coil around each a thinly cut strip of bacon, having bacon overlap 1 inch, and fasten with wooden skewers. Sprinkle with salt and pepper, and pan-broil. Remove to hot platter and garnish with Savory Potatoes (p. 432) and parsley. Serve with mint jelly.

FILLETS OF LAMB

2 pounds lamb from leg, cut in strips 1 inch thick	$\frac{2}{3}$ teaspoon salt
3 tablespoons olive oil	$\frac{1}{2}$ onion, finely chopped
3 tablespoons vinegar	1 tablespoon parsley, finely chopped

Flatten meat with cleaver to be $\frac{3}{4}$ inch thick. Mix olive oil, vinegar, salt, onion, and parsley. Pour over meat. Cover and let stand overnight or for several hours. Remove pieces of vegetables from fillets and sauté meat in hot frying pan, using as little butter as possible.



Begin Carving Lamb in the Center to Cut the Best Slices First

ROAST LEG OF LAMB

Select leg of lamb weighing 4 to 5 pounds, preferably cut to include some of loin. Wipe with damp cloth, sprinkle with salt and pepper, and rub well with flour. Place on rack in open pan, skin side down and cut side up. Roast in hot oven (450° – 480° F.) for 30 minutes, reduce heat to 300° F., and cook 2 to $2\frac{1}{2}$ hours longer. Do not put water in pan. Basting is usually unnecessary. If fat covering is very thin, lay several strips of bacon on top and reduce heat after the first 20 minutes.

If roast thermometer is used (p. 261), it will register 175° F. for slightly underdone lamb, 182° F. for well-done lamb.

To Carve Leg of Lamb. Cut in thin slices at right angle to bone, beginning in center.

Roast Lamb Gravy. Follow recipe for Roast Beef Gravy (p. 270).

ACCOMPANIMENTS FOR ROAST LAMB

Littleton Sauce (p. 203)	Currant Jelly Sauce (p. 196)
Mint Sauce (p. 205)	Estragon Sauce (p. 196)
Currant Mint Sauce (p. 205)	Mint Jelly
Cold Orange Sauce (p. 206)	Currant Jelly
Horse-radish Sauce (p. 206)	Guava Jelly

STUFFED LEG OF LAMB

Order lamb boned at market. Stuff with Savory Stuffing (p. 180) or Celery Stuffing I or II (pp. 180, 181). Proceed as for Roast Leg of Lamb.

ROAST SADDLE OF LAMB OR MUTTON

Select a loin weighing 6 pounds. Have it dressed at market. Follow directions for Roast Leg of Lamb but reduce roasting time by 30 minutes or roast until thermometer reads 170° F. Turn smooth side up for last half hour to brown top. Serve with Currant Jelly Sauce (p. 196) or Currant Mint Sauce (p. 205).

To Carve Saddle of Lamb or Mutton. Cut along back bone on either side to loosen meat. Slice at right angles to bone, slipping knife underneath to free from rib bones.

ROAST LOIN OF LAMB, BONED

Allow 2 chops to each person. Order loin boned, rolled, and fastened with wooden skewers. Sprinkle with salt and pepper and rub well with flour. Roast 20 minutes in hot oven (450° F.). Then reduce heat to 350° F. and roast 1½ hours longer. Place on platter and put chop frill on each skewer. Carve by cutting between chops.

INDIVIDUAL ROASTS OF LAMB

Order loin lamb chops cut 2½ inches thick, boned, and wrapped in strips of bacon. Sprinkle with salt and pepper and flour. Roast 10 minutes in hot oven (500° F.), then reduce heat to moderate (350° F.), and roast 20 to 30 minutes longer.

ROAST CROWN OF LAMB

Order Crown of Lamb prepared at market. Place cubes of bread and cubes of fat salt pork on alternate bones. If desired, remove center from crown, put through food chopper, season with salt, pepper, and poultry seasoning; moisten with hot water and put back into center of crown. Cover with oiled paper. Put in hot oven (450° F.). After 30 minutes, reduce heat to moderate (350° F.) and roast 45 minutes longer.

To Serve Crown of Lamb. Remove paper, bread, and pork from bones and put a chop frill, if desired, on each bone. Fill center with any of the following:

Mashed Potatoes (p. 432)

Chestnut Purée (p. 459)

Green Peas (p. 474)

Brussels Sprouts (p. 453) or other vegetables

Watercress

To Carve Crown of Lamb. Cut each chop separately.

ROAST SHOULDER OF LAMB

Select shoulder weighing 3 to 4 pounds. Order boned. Sprinkle inside of pocket with salt and pepper. Stuff with Savory Stuffing (p. 180), Onion Stuffing (p. 180), or Celery Stuffing (p. 180), etc. Leave flat or roll. Sew edges together. Rub with salt, pepper, and flour. If fat covering is very thin, lay several strips of bacon over top. Follow directions for Roast Leg of Lamb (p. 286).

ROAST BREAST OF LAMB

Select breast of lamb including fore shank. Order with bones cracked, to make carving easier. Make pocket by cutting through flesh close to ribs. Sprinkle inside of pocket with salt and pepper, stuff lightly with stuffing made with chopped fore shank seasoned to taste, and sew edges together. Rub with salt, pepper, and flour. Place on rack in open pan, ribs down. If there is not sufficient fat, lay a few slices of bacon over top. Roast in hot oven (450° F.) 20 minutes, reduce heat to 300° F. and cook about 1½ hours longer.

MOCK DUCK

Order fore quarter of lamb dressed for Mock Duck. Cover parts representing head and tail with buttered paper. Place on rack in dripping pan, sprinkle with salt and pepper, dredge meat and bottom of pan with flour, and arrange three gashed, thin slices of fat pork on meat and 1 slice cut in pieces in bottom of pan. Roast in hot oven (450° F.) 20 minutes, reduce heat to 300° F. and cook 2 to 2½ hours longer. Baste occasionally if necessary. Remove string, paper, and skewers, place on serving dish, and serve with brown gravy made from fat in pan.

BOILED LEG OF MUTTON

Wipe meat, place in kettle, and cover with boiling water. Bring quickly to boiling point, boil 5 minutes, and skim. Reduce heat and simmer until meat is tender. When half done, add 1 tablespoon salt. Serve with Caper Sauce (p. 194) or add to 2 cups White Sauce (p. 191) (made of half milk and half mutton stock) 2 hard-cooked eggs cut in slices.

The French call this dish "Poached Leg of Mutton" and consider it a great delicacy with a well-seasoned caper sauce.

BRAISED LEG OF MUTTON

Leg of mutton (boned at market)	1 sprig thyme
½ cup butter	1 sprig parsley
1 slice onion	3 cups hot water
1 slice carrot	1½ teaspoons salt
1 slice turnip	4 tablespoons flour
½ bay leaf	Plain Stuffing (p. 180)

Wipe meat, stuff, sew, and place in deep pan. Melt ¼ cup butter, add onion, carrot, turnip, bay leaf, thyme, and parsley. Cook 5 minutes. Add hot water, salt, and peppercorns; pour over mutton. Cover closely and cook 3 hours in slow oven (250° F.), uncovering for the last half-hour. Remove from pan to hot platter. Brown remaining butter; add flour, and stir until well browned; then pour on slowly the strained liquor; there should be 1¾ cups.

BREAST OF LAMB

Breast of lamb	$\frac{1}{2}$ teaspoon salt
Bouquet of sweet herbs	$\frac{1}{2}$ teaspoon peppercorns
1 small onion, stuck with 6 cloves	$\frac{1}{4}$ cup carrot, cut in dice
	$\frac{1}{4}$ cup turnip, cut in dice

Put lamb in kettle with vegetables and seasonings. Cover with boiling water and simmer until bones will slip out easily. Take meat from water, remove bones, and press under weight. When cool, trim in shape. Crumb and fry (see Croquettes, p. 397). Serve with Spanish Sauce (p. 198).

LAMB EN CASSEROLE

2 pounds lamb, cut in 1-inch cubes	1 cup potato balls
(for suitable cuts, see p. 282)	2 cups Brown Sauce (p. 196)
Salt and pepper	12 small, cooked onions
$\frac{3}{4}$ cup carrot, cut in strips,	1 cup cooked, string beans
parboiled 15 minutes	1 teaspoon Worcestershire Sauce

Put lamb in hot frying pan and turn frequently until seared and browned on both sides. Season with salt and pepper and bake in covered casserole 20 minutes, or until tender, in moderately hot oven (375° F.). Add carrots, potato balls, Brown Sauce, and pepper to taste. Cook until potatoes are soft, then add onions, string beans, and Worcestershire Sauce. Serve from casserole dish. Serves 6.

FRICASSEE OF LAMB

3 pounds lamb, cut in pieces	Flour
for serving (for suitable	1 $\frac{1}{2}$ cups Sauce Espagnole (p. 197) made
cuts, see p. 282)	with liquor in which meat was
Salt and pepper	cooked (all fat removed)

Wipe meat, cover with boiling water, and cook slowly until tender. Remove from water, cool, sprinkle with salt and pepper, dredge with flour, and sauté in butter or mutton fat. Arrange on platter, and pour sauce around meat. It is better to cook meat the day before serving, that fat may be more easily removed.

IRISH STEW WITH DUMPLINGS

3 pounds lamb, cut in pieces (for suitable cuts see p. 282)	4 cups potatoes, in $\frac{1}{4}$ -inch slices
$\frac{1}{2}$ cup carrots	$\frac{1}{4}$ cup flour
$\frac{1}{2}$ cup turnip } in $\frac{1}{2}$ -inch cubes	Salt and pepper
1 onion, sliced	Dumplings (p. 275)

Put meat in kettle, cover with boiling water, and cook slowly 2 hours or until tender. After cooking 1 hour add carrot, turnip, and onion. Half an hour before serving add potatoes. Thicken with flour, mixed with $\frac{1}{4}$ cup cold water. Season with salt and pepper. Serve with dumplings. Serves 8 generously.

LAMB OR MUTTON CURRY

3 cups lamb or mutton, cut in 1-inch pieces (for suitable cuts see p. 282)	4 tablespoons butter
3 onions, cut in slices	4 tablespoons flour
$\frac{1}{2}$ teaspoon peppercorns	$\frac{1}{2}$ teaspoon curry powder
1 sprig thyme	$\frac{1}{2}$ teaspoon salt
1 sprig parsley	$\frac{1}{8}$ teaspoon pepper
	Cold water
	Boiling water

Cover meat with cold water. Bring quickly to boiling point. Drain in colander and pour over 1 quart cold water. Return meat to kettle, cover with 1 quart boiling water, add onion, peppercorns, thyme, and parsley. Simmer until meat is tender, remove meat, strain liquor. Melt butter, add flour mixed with curry powder, salt, and pepper. When well blended, pour on slowly strained liquor. Bring to boiling point. Serve with border of steamed rice. Serves 6.

**LAMB AND MUTTON IN MADE-OVER
DISHES**

For additional recipes for the use of cooked lamb or mutton, consult index, Lamb Croquettes, p. 400, Lamb Filling for Rissoles, p. 641, etc.

BARBECUED LAMB

Cold roast lamb, in slices	$\frac{1}{4}$ cup currant jelly
2 tablespoons melted butter	$\frac{1}{4}$ teaspoon dry mustard
$\frac{3}{4}$ tablespoon vinegar	Salt and cayenne

Reheat lamb in sauce made of other ingredients.

RECHAUFÉE OF LAMB

Cold roast lamb, in thin slices	$\frac{1}{4}$ teaspoon curry powder
1 cup Brown Sauce (p. 196)	$\frac{1}{4}$ teaspoon mustard

Add curry powder and mustard to sauce. Reheat lamb in sauce.

SALMI OF LAMB

Cold roast lamb, in thin slices	1 cup Brown Sauce (p. 196) <i>or</i>
2 tablespoons butter	1 cup cold lamb gravy, seasoned
$\frac{1}{2}$ tablespoon finely chopped onion	with Worcestershire or other
Salt and pepper	table sauce

Cook butter and onion 5 minutes. Add lamb, sprinkle with salt and pepper, and cover with sauce or gravy. Cook until thoroughly heated. Arrange slices overlapping one another lengthwise of platter, pour sauce around, and garnish with toast points. A few sliced mushrooms or stoned olives improve this sauce.

SCALLOPED LAMB

Remove skin and fat from thin slices of cooked lamb and sprinkle with salt and pepper. Cover bottom of buttered baking dish with buttered cracker crumbs; cover crumbs with meat; cover meat with boiled macaroni and add another layer of meat and macaroni. Pour Tomato Sauce (p. 198) over and cover with buttered cracker crumbs. Bake in hot oven (425° F.) until crumbs are brown. Boiled rice may be used in place of macaroni.

CASSEROLE OF RICE AND LAMB

2 cups finely chopped, cooked lamb or mutton	Onion juice
2 cups Steamed Rice (p. 64)	Lemon juice
Salt, pepper, cayenne	$\frac{1}{4}$ cup cracker crumbs
Celery salt	1 egg, slightly beaten
	Hot water or stock to moisten

Line slightly greased mold with rice. Season meat to taste, add other ingredients, and fill center of mold. Cover with rice. Cover rice with buttered paper and steam 45 minutes. Serve with Tomato Sauce (p. 198). Serves 4 to 6.

LAMB À LA BRECK

1 cup finely chopped, cooked lamb	Few drops onion juice
$\frac{1}{2}$ teaspoon salt	1 cup boiled macaroni
$\frac{1}{8}$ teaspoon celery salt	$1\frac{1}{2}$ cups milk
$\frac{1}{8}$ teaspoon pepper	2 eggs, slightly beaten

Put macaroni in buttered baking dish. Cover with lamb to which seasonings have been added. Add milk to eggs and pour over. Bake in moderate oven (350° F.) until firm. Serves 4 to 6.

LAMB OR MUTTON

With Currant Jelly Sauce

Heat slices of cold cooked mutton in Currant Jelly Sauce (p. 196).

MINCED LAMB OR MUTTON

2 cups chopped, cooked lamb or mutton	Salt
Yolks 6 hard-cooked eggs	Cayenne
$\frac{3}{4}$ teaspoon mixed mustard	1 cup cream
$\frac{1}{4}$ cup wine, if desired	

Mash egg yolks, season with mustard, salt, and cayenne. Add cream and meat. Heat thoroughly. Season if desired with cooking wine.

MINCED LAMB ON TOAST

Remove dry pieces of skin and gristle from cooked lamb, then chop meat. Heat in well-buttered frying pan, season with salt, pepper, and celery salt, and moisten with a little hot water or stock; or, after seasoning, dredge well with flour, stir, and add enough stock to make thin gravy. Pour over small slices of buttered toast.

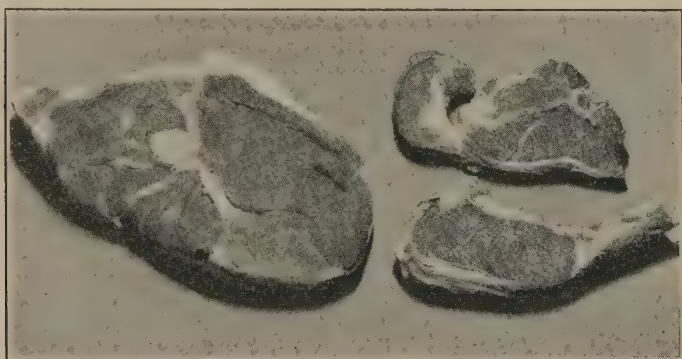
CHAPTER 22

VEAL

Veal is the flesh of a young calf killed when 6 to 8 weeks old.

Good veal is less firm than beef. In color it is almost white, with a delicate pinkish tinge. The fat is firm and white with slight pinkish tint.

Veal requires long, slow cooking because of the large proportion of connective tissues. Being deficient in fat and having but little flavor, pork or butter should be added while cooking and more seasoning is required than for other meats.



Veal. Veal Cutlet. Veal Chop

VEAL CUTS AND THEIR USES

ROASTS	CUTLETS	CHOPS	STEWs	SOUP, VEAL LOAF
Leg Rump Loin Rib Breasts Shoulder Chuck	Leg Chuck	Loin Rib	Breast Shoulder Knuckle Shanks	Shanks

VEAL CHOPS BAVARIAN

6 loin chops	2 stalks celery
$\frac{1}{2}$ onion, sliced	$\frac{1}{2}$ teaspoon peppercorns
8 slices carrot	4 cloves
2 tablespoons butter	

Put chops and other ingredients in saucepan, cover with boiling water, cook slowly until tender. Drain (reserving liquid), season meat with salt and pepper, dip in flour, egg, and crumbs, fry in deep fat (385° F.), and drain on brown paper. Arrange chops on hot serving dish. Surround with boiled macaroni mixed with Soubise Sauce (p. 195).

VEAL CUTLETS

Cut thin slices in pieces for serving. Sauté in butter until evenly browned. Sprinkle with salt and pepper, surround with stock, or water seasoned with meat extract or Tomato Sauce (p. 198) or Brown Sauce (p. 196). Cover closely and bake 35 minutes in slow oven (300° F.) or cook slowly on top of stove. Strain sauce over meat. Season sauce with sherry or Marsala, if desired.

Aux Fines Herbes. Sprinkle with chopped parsley and chives, using 1 teaspoon chives to 3 tablespoons parsley. Season with lemon juice.

With Mushrooms: Add sliced sautéed mushrooms to sauce.

BREADED VEAL CUTLETS

Use slices of veal from leg cut $\frac{1}{2}$ inch thick. Wipe, remove bone and skin, then cut in pieces for serving. The long irregular-shaped pieces may be rolled and fastened with small wooden skewers. Sprinkle with salt and pepper; dip in flour, egg, and crumbs and sauté slowly, until well browned, in salt pork fat or butter.

Veal may be cooked first in boiling water until tender, then crumbed and fried. The water in which veal was cooked may be used in making sauce or stock can be made from bones and trimmings.

Arrange on hot platter, pour Tomato (p. 198), Mushroom (p. 195), or Brown (p. 196) Sauce around cutlets, and garnish with parsley.

À la Milanaise. Dip in butter, grated Parmesan cheese, egg and crumbs, and sauté.

FRICASSEE OF VEAL

2 pounds sliced veal (see p. 294)	Salt, pepper
1 small onion	Flour
2 stalks celery	Pork fat
6 slices carrot	4 tablespoons butter

Wipe meat, cover with boiling water, and add vegetables. Cook slowly until meat is tender. Remove meat, sprinkle with salt and pepper, dredge with flour, and sauté in pork fat. Strain liquor (there should be 2 cups). Melt butter, add 4 tablespoons flour and strained liquor. Bring to boiling point, season with salt and pepper, and pour around meat. Garnish with parsley.

VEAL HOLSTEIN

2 slices veal, cut from leg	4 tablespoons pork fat
Salt, pepper	2 tablespoons butter
1½ cups Brown Sauce (p. 196)	

Wipe and trim veal, cut in pieces for serving, pound with wooden potato masher or edge of saucer or plate. Sprinkle with salt and pepper. Dip in crumbs, egg, and crumbs. Sauté in hot frying pan in pork fat and butter until well browned. Place over low heat, pour on Brown Sauce, cover, and simmer until meat is tender (1 to 1½ hours). Strain sauce around cutlets.

Garnish each with a poached egg. Around dish arrange thin slices of cucumber pickles, and cooked beets cut in fancy shapes, sliced lemon sprinkled with finely chopped parsley, and olives stuffed with capers and anchovies. (Traditional German service.)

VEAL CUTLETS, CLARET SAUCE

1½ pounds veal cut in thin slices	Flour
Salt and pepper	1⅓ cups Brown Stock (p. 144)
⅔ cup claret	Juice 1 lemon
	2 sprigs parsley

Pound veal until ¼ inch thick and cut in pieces for serving. Sprinkle with salt and pepper, put in baking pan, pour on claret, and let stand 30 minutes. Drain, dip in flour, arrange in buttered pans, and pour on remaining ingredients and claret which was drained from meat. Cover and cook slowly until meat is tender. Remove to serving dish and pour over sauce remaining in pan.

Scallopini of Veal. Use Marsala in place of claret.

LOIN OF VEAL À LA JARDINIÈRE

4-pound loin of veal	Hot water	} ½-inch cubes
Salt, pepper	2 cups cooked turnips	
Flour	2 cups cooked carrots	
4 tablespoons butter	2 cups cooked potato balls	

Wipe veal, sprinkle with salt and pepper, and dredge with flour. Melt butter in deep stewpan. Add veal and brown entire surface of meat, watching carefully and turning often that it may not burn. Add 1 cup hot water, cover closely, and cook slowly 2 hours, or until meat is tender, adding more water as needed, using in all about 3 cups. Remove meat, thicken stock remaining in pan with flour diluted with enough cold water to pour easily. Surround the meat with turnips, carrots, and potato balls. Serve gravy separately. Serves 8 generously.

BRAISED SHOULDER OF VEAL

5-pound shoulder of veal, boned
Plain Stuffing or New England Stuffing (pp. 180, 181)

Stuff veal and sew in shape. Follow recipe for Braised Beef (p. 272), adding 2 sprigs thyme and 1 sprig marjoram to vegetables.

ENGLISH VEAL PIE

Knuckle of veal	Blade of mace
1 slice onion	2 teaspoons salt
1 slice carrot	½ pound lean raw ham
Bit of bay leaf	4 tablespoons flour
Sprig of parsley	4 tablespoons butter
12 peppercorns	2 dozen oysters, hard part removed

Remove meat from bones. Cover bones with cold water, add vegetables and seasonings, and heat slowly to boiling point. Add meat, boil 5 minutes, and simmer until meat is tender; remove meat and reduce stock to 2 cups. Put ham in frying pan, cover with lukewarm water, and let stand 1 hour. Brown butter, add flour, and when well browned add stock; then add veal and ham, each cut in cubes. Simmer 20 minutes and add oysters. Put in serving dish and cover with top made of plain or puff paste. It is much better to bake puff paste separately and cover pie just before sending to table. Serves 6 to 8.

ROAST VEAL

For suitable cuts, see p. 294. Order leg boned at market.

Wipe meat, sprinkle with salt and pepper, stuff, and sew in shape. Place on rack in dripping pan, dredge with flour, and place strips of fat salt pork around meat. Sear 15 minutes in very hot oven (525° F.), then reduce heat to 300° F. Roast 35 minutes to the pound. *Shoulder* may require somewhat longer. Baste every 15 minutes, adding water if necessary.

If roast thermometer (p. 261) is used, it should read 170° F.

Serve with Brown Gravy (p. 196) made with fat in pan.

FRICANDEAU OF VEAL

Lard a cushion of veal (thickest part of leg) and roast or braise.

STUFFED CUSHION OF VEAL

Order a 5-pound cushion of veal (from upper part of leg). Wipe, stuff with Mushroom Stuffing (p. 182), and truss. Sear veal in $\frac{1}{2}$ cup butter in hot frying pan until well browned, turning frequently with 2-tined fork to prevent piercing. Cover and bake in hot oven (400° F.) $1\frac{1}{2}$ to 2 hours. Remove to hot platter, garnish with parsley, and serve with Brown Mushroom Sauce (p. 196) made with fat in pan.

LOIN OF VEAL, ALLEMANDE

Loin of veal (ribs and flank attached)

$\frac{1}{3}$ cup beef suet, finely chopped

$\frac{3}{4}$ cup stale bread crumbs

$\frac{3}{4}$ cup milk

3 tablespoons butter

1 egg, slightly beaten

1 egg yolk

1 tablespoon tomato catsup

$\frac{1}{8}$ teaspoon grated nutmeg

Salt, pepper, cayenne to taste

4 slices fat salt pork

Flour

$\frac{1}{2}$ cup sour cream

Remove meat nearest backbone in one piece. Remove meat from flank, discarding skin; then force through food chopper; there should be $\frac{7}{8}$ cup. Add beef suet and mix thoroughly. Cook bread crumbs with milk, until reduced to thick paste. Add butter, egg, egg yolk, tomato catsup, nutmeg, and salt, pepper, and cayenne to taste. Combine mixtures, shape in loaf, roll in crumbs, egg, and crumbs. Arrange salt pork lengthwise of center of dripping pan. Place on pork the long rib bones (which have been

removed), on bones the meat roll, and over roll the piece of meat. Sprinkle with salt and pepper, dredge meat and bottom of pan with flour, and over meat arrange pieces of fat salt pork. Bake 2 hours in slow oven (300° F.). After flour in pan browns, baste every 10 minutes, using fat in pan and 2 cups stock, made from bones and trimmings. During last half-hour of cooking, pour over cream. Serve with brown gravy made from fat in pan.

INDIA CURRY

1½-pound slice of veal (½ inch thick)	½ tablespoon curry powder
2 sliced onions	Flour
½ cup butter	1 teaspoon vinegar
Steamed Rice (p. 64)	

Sear veal quickly on both sides in frying pan without butter. Cut in 1½-inch pieces. Fry onions in butter until brown, remove onions, and add meat and curry powder, then cover with boiling water. Cook slowly until meat is tender. Thicken with flour diluted with enough cold water to pour easily; then add vinegar. Serve with border of steamed rice cooked very dry. Serves 4 to 6.

VEAL BIRDS

1 slice veal from leg (cut as thin as possible)	Butter
1-inch cube fat salt pork, finely chopped	1 cup cream <i>or</i>
Fine cracker crumbs	Brown Sauce (p. 196) <i>or</i>
1 egg, slightly beaten	Thin White Sauce (p. 192)
Hot water or stock	Salt, pepper, cayenne,
	poultry seasoning, lemon juice, onion juice

Wipe veal, remove bone, skin, and fat. Pound until ¼ inch thick and cut in pieces 4 inches long by 2 inches wide, each piece making a bird. Chop trimmings of meat, add salt pork, measure, and add half as much crumbs. Season to taste. Moisten with beaten egg and hot water or stock. Spread thinly on center of each piece of veal. Roll and fasten with skewers. Sprinkle with salt and pepper, dredge with flour, and sauté in hot butter until a golden brown. Put in stewpan, add cream or sauce to half cover meat, cook slowly 20 minutes or until tender. Serve on small pieces of toast, strain sauce in pan over birds and toast, and garnish with parsley. Birds may be cooked in covered casserole dish in hot oven (400° F.). Serves 4 to 6.

VEAL OLIVES

2 pounds veal from leg, cut in $\frac{1}{4}$ -inch slices	Bacon Salt and pepper
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Cut veal in pieces 2 by 4 inches. Lay piece of bacon on each, having bacon extend beyond veal. Roll and fasten with small skewers (toothpicks). Brown entire surface in bacon fat. Season with salt and pepper. Put in baking dish, add hot water to half depth of meat, cover, and bake until tender. Make Brown Sauce with stock remaining in dish. Serves 6.

VEAL LOAF I

Knuckle of veal, sawed in pieces	Salt and pepper
1 pound lean veal	3 hard-cooked eggs, thinly sliced
1 onion	
4 tablespoons chopped parsley	

Cover knuckle and lean meat with boiling water. Add onion, cook slowly until meat is tender. Drain, chop meat finely, and season highly with salt and pepper. Garnish bottom of mold with egg slices and parsley. Put in layer of meat, layer of egg slices, sprinkle with parsley, and cover with remaining meat. Pour over liquor, which should be reduced to 1 cupful. Press, chill, and garnish with parsley.

VEAL LOAF II

3 pounds lean veal	2 tablespoons lemon juice
$\frac{1}{2}$ pound fat salt pork, finely chopped	1 tablespoon salt
6 common crackers, rolled	$\frac{1}{2}$ teaspoon pepper
4 tablespoons cream	Few drops onion juice
	1 egg white
$\frac{1}{4}$ cup pork fat	

Wipe veal and remove skin and membrane. Chop finely or force through food chopper. Add salt pork, crackers, cream, lemon juice, salt, pepper, and onion juice. Pack in small bread pan, smooth evenly on top, brush with egg white, and bake slowly 3 hours in slow oven (300° F.), basting with $\frac{1}{4}$ cup pork fat. Prick frequently while baking, that pork fat may be absorbed by meat. Cool, remove from pan, and cut in thin slices for serving.

VEAL PATTIES EN CASSEROLE

1 pound lean raw veal, finely chopped	$\frac{1}{2}$ cup rich milk
2 ounces finely chopped fat salt pork	$\frac{1}{2}$ teaspoon salt
$\frac{2}{3}$ cup soft bread crumbs	$\frac{1}{8}$ teaspoon pepper
2 eggs, slightly beaten	$1\frac{1}{2}$ tablespoons butter
$\frac{1}{3}$ cup flour	$\frac{3}{4}$ cup Veal Stock (p. 150)

Mix ingredients thoroughly. Form into 8 elliptical-shaped pieces, arrange in baking dish, dot over with butter, and pour stock around veal. Cover and bake 1 hour in moderate oven (350° F.), basting every 10 minutes of the cooking. Remove to hot serving dish and surround with White Sauce (p. 191), Brown Sauce (p. 196), or Tomato Sauce (p. 198).

VEAL IN MADE-OVER DISHES**VEAL TIMBALES**

$1\frac{1}{2}$ cups cold, cooked veal	Few grains paprika
3 egg yolks, slightly beaten	3 egg whites, beaten until stiff
$\frac{1}{2}$ cup heavy cream	1 cup White Sauce (p. 191)
$\frac{1}{3}$ cup white cooking wine	$1\frac{1}{2}$ tablespoons chopped
$\frac{1}{2}$ teaspoon salt	truffle

Force veal twice through food chopper. Pound in mortar, adding gradually yolks, cream, wine, and seasonings. Cut and fold in egg whites.

Butter individual molds and fill $\frac{1}{4}$ full of sauce, to which truffles have been added. Fill with veal mixture; set in pan of hot water, cover with buttered paper, and bake until firm in moderate oven (350° F.). Remove from molds to hot serving dish, when sauce will run down sides of timbales.

MINCED VEAL ON TOAST

Prepare like Minced Lamb on Toast (p. 293), using veal in place of lamb.

BLANQUETTE OF VEAL

2 cups cooked veal, cut in small strips	$1\frac{1}{2}$ cups White Sauce (p. 191)
	Mashed Potato
	Finely chopped parsley

Reheat veal in sauce and serve in potato border. Sprinkle with parsley. Serves 6.

CASSEROLE OF VEAL

Follow recipe for Casserole of Rice and Lamb (p. 292), using veal in place of lamb.

RAGOÛT OF VEAL

2 cups cooked veal, cut in
cubes

1½ cups Brown Sauce (p. 196)

1 teaspoon Worcestershire Sauce

Few drops onion juice

Few grains cayenne

Reheat veal in sauce, season to taste.

CHAPTER 23

PORK

Pork is the flesh and fat of pig or hog. Pork should be fine-grained and firm. Lean from a young animal is nearly white, from an older animal rose color. Fat is white and less firm than beef. Select meat with least amount of visible fat since there is plenty throughout the "lean."

PORK CUTS AND THEIR USES

Feet — stews, boiling, frying, pickled

Hams, Fresh — steaks, roasts

Smoked — baking, boiling, broiling (in slices)

Fat back (salt pork) — fried and as flavoring with other foods

Bacon — broiled, pan-broiled, baked

Loin — roasts, chops

Shoulder, Fresh — roasted

Smoked — like Smoked Ham

Spareribs — baked, boiled

Tenderloin — broiled, pan-broiled, baked, braised

Extra edible parts — see Chapter 24, "Liver, Sweetbreads and Other Meat Extras."

PAN-BROILED PORK CHOPS

Have chops cut $\frac{3}{4}$ to 1 inch thick, as they shrink considerably while cooking. Wipe, sprinkle with salt and pepper, dust lightly with flour. Place in hot, heavy frying pan, fat edge down. Brown on both sides. Pour off fat, cover, and cook slowly until tender (about 25 minutes). Core and pare apples, cut in half-inch slices, fry in fat remaining in pan, and serve with chops.

BRAISED PORK CHOPS

Sprinkle with salt and pepper, sear both sides. Put in heavy pan, cover with boiling water, or tomato juice and pulp. Minced onion may be added. Cover and cook slowly 50 to 60 minutes.

STUFFED RIB CHOPS WITH APPLES

6 rib chops, 1½ inches thick

Celery Stuffing (p. 180)

Flour

3 tart red apples

Salt, pepper

Wipe chops, cut halfway through lean to bone. Sprinkle with salt and pepper and rub lightly with flour. Sear both sides quickly in hot, heavy frying pan. Stuff, fasten with small wooden skewers (toothpicks). Lay on rack in baking dish. Place half a cored apple on each, cut side down. Cover closely, bake in moderate oven (350° F.) until meat is tender (about 45 minutes). Remove skewers.

PORK CHOPS, SWEET POTATOES, AND APPLES

Place pork chops on large baking platter. Cover each with 1 tablespoon Onion Stuffing (p. 180). Surround alternately with sweet potatoes of uniform size (parboiled) and small red apples, cored and filled with seeded raisins and currants. Bake 1½ hours in hot oven (425° F.), reducing temperature if necessary. Baste with water if necessary.

PORK CHOPS, MEXICAN

6 pork chops

6 tablespoons uncooked rice

1 slice onion

1 can tomato or 2 cups stewed tomatoes

Arrange chops and onion in casserole. Put 1 tablespoon rice on each chop. Arrange pieces of tomato on rice. Season with salt and pepper, pour over remaining tomato. Cover closely and bake 1 hour in moderate oven (350° F.). Serves 6.

KERNELS OF PORK

Wipe a sparerib of pork and remove lean meat in one piece. Cut in ¾-inch slices crosswise, sprinkle with salt, and fry in a hot,

heavy frying pan, rubbed over with pork fat. Arrange down the center of a hot platter and surround with nests made of Savory Potatoes (p. 432), filled with Creamed Silver Skins (p. 471). Garnish with parsley.

PORK STEAK WITH PINEAPPLE

1 slice fresh pork or fresh ham, 1½ inches thick	1 teaspoon salt ¼ teaspoon pepper
2 tablespoons flour	3 slices pineapple

Put meat in casserole. Rub with flour, salt, and pepper. Cut pineapple slices in half and arrange on meat. Cover. Cook 1½ hours in moderate oven (350° F.). Serves 6.

PORK TENDERLOIN PATTIES

Have pork tenderloin boned and cut in slices ½ inch thick. Flatten. Broil or pan-broil.

BAKED PORK TENDERLOINS WITH SWEET POTATOES

Wipe, put in dripping pan, brown 15 minutes in very hot oven (500° F.). Then reduce heat (300° F.). Parboil sweet potatoes 10 minutes and arrange around meat. Bake 45 minutes, basting every 15 minutes.

ROAST LOIN OF PORK

Wipe meat, sprinkle with salt (allowing 1 teaspoon to each pound) and pepper. Place fat side up, on rack in open roasting pan. Sear 15 minutes in hot oven (500° F.). Then reduce temperature rapidly to slow (300° F.) and cook until meat is tender (50 minutes to the pound). If roast thermometer is used (p. 261), it will read 185° F.

Serve with Brown Gravy (p. 196) made with fat in pan.

ROAST CROWN OF PORK

Order a crown of pork prepared at market. Sprinkle with salt, dredge with flour, and place on rack in dripping pan. Roast (see

Roast Loin of Pork). Arrange trimmings of pork fat in pan, and baste every 15 minutes.

Remove to chop plate, surround with mounds of mashed potatoes at regular intervals, and between potato mounds, halves of baked apples. Garnish ends of bones with paper frills and put a large bunch of parsley in the center of crown.

ROAST FRESH HAM

Wipe meat, *leave rind on*. Sprinkle surface of meat with salt and pepper. Rub with flour. Place on rack in open roasting pan, fat side up. Sear 15 minutes in hot oven (500° F.). Reduce temperature quickly to slow heat (300° F.), and cook 25 to 30 minutes per pound. If roast thermometer (p. 261) is used, it will register 185°-F.

Remove rind, score fat covering in squares with sharp knife. Stick with cloves, sprinkle with brown sugar, and brown in moderately hot oven (375° F.).

ROAST SHOULDER

Order picnic shoulder of medium or large size, boned. Wipe, sprinkle with salt, stuff with Plain Stuffing (p. 180), Apple Stuffing (p. 182), or Celery Stuffing (p. 180), and sew in shape. Place on rack in open roasting pan. Dredge with flour. Sear 15 minutes in hot oven (500° F.). Reduce oven temperature rapidly to slow (300° F.) and continue roasting until tender (35 minutes per pound).

LITTLE ROAST PIG

Clean, stuff with Onion Stuffing (p. 180), truss, and skewer a suckling pig. Make 4 parallel gashes, 3 inches long, through skin on each side of backbone. Put on rack in dripping pan, brush entire surface with melted butter, sprinkle with salt, pour 2 cups boiling water around pig, and cover with buttered paper. Roast (see Roast Pork, p. 305), basting every 15 minutes with liquor in pan. Remove paper after cooking 2½ hours and brush over with heavy cream. Remove to serving dish, put small red apple in mouth,

cranberries in eye sockets, and laurel wreath around neck. Garnish with nest-shaped Hominy Croquettes (p. 380) filled with apple sauce, sections of red apples, and watercress.

ROAST STUFFED SPARERIBS

2 matching spareribs, well fleshed	Salt, pepper
Apple Stuffing (p. 182)	Flour

Have breastbone cracked to make carving easier. Wipe, spread stuffing on one section, cover with other, and sew together. Sprinkle with salt and pepper. Rub with flour. Place on rack in open roasting pan and sear 20 minutes in hot oven (500° F.) or until lightly browned. Reduce temperature rapidly to slow (300° F.) and cook about 1 hour or until tender. Remove strings before serving.

SPARERIBS WITH VEGETABLES

Spareribs	1 small cabbage
Plain Stuffing (p. 180)	Flour
2 tablespoons fat	3 cups water
6 potatoes	Paprika
Chopped parsley	

Wipe spareribs, sprinkle both sides with salt and pepper. Spread with stuffing, roll, dredge with flour, fasten with skewers, and tie with string. Put 2 tablespoons fat in frying pan. When hot, put in spareribs and sear and brown on all sides, turning as necessary. Put on rack in deep kettle, add 3 cups water, bring to boiling point, and simmer gently 1½ hours or until meat is nearly done. Add potatoes, washed and pared, and cook 15 minutes; then add cabbage, cut in fourths, and cook 12 to 15 minutes longer. Remove meat to platter, put potatoes and cabbage alternately around the meat, and garnish with lines of paprika on the cabbage and chopped parsley on the meat and potatoes. Save the stock to use as the base for a vegetable soup.

SPARERIBS WITH SAUERKRAUT

Wipe spareribs, sprinkle lightly with salt, put in kettle, and cover with water. Cover and cook slowly 45 minutes. Add 4 cups sauerkraut and cook slowly, covered, 1 hour.

BACON I

Place strips of thinly cut bacon on board, and with a broad-bladed knife make strips as thin as possible. Put in cold frying pan and cook over moderate heat until bacon is crisp and brown, turning frequently, and occasionally pouring off fat from pan. Drain on brown paper.

BACON II

Place thin slices of bacon closely together on rack in broiler. Bake in hot oven (425° F.) until bacon is crisp and brown, turning once. Drain on brown paper. Fat which has dripped into the pan should be poured out and used for frying liver, eggs, potatoes, etc.

BACON CURLS

Cut bacon in as thin slices as possible and remove rind. Put in a heavy frying pan and during the cooking shape in the form of curls, using a knife and fork. Drain on brown paper.

FRIED SALT PORK, COUNTRY STYLE

$\frac{1}{2}$ pound salt pork	$\frac{1}{4}$ teaspoon salt
Corn meal	Few grains pepper
Flour	1 tablespoon butter
1 cup milk	$1\frac{1}{2}$ cups boiled potato cubes

Cut pork in thin slices, and slices in halves crosswise (making pieces about 2 by 3 inches), and gash each rind edge 4 times. Dip in corn meal and flour. Cook in hot frying pan until crisp and well browned, turning frequently. Remove from pan.

Milk Gravy. Strain fat through a double thickness of cheesecloth placed over a fine strainer. Put $1\frac{1}{2}$ tablespoons fat in saucepan, add 2 tablespoons flour, and stir until well blended. Add milk gradually, while stirring constantly. Bring to boiling point and add salt and butter, bit by bit.

Add cooked potato cubes to sauce. Pile in center of hot serving dish and surround with prepared pork. Garnish with sprigs of parsley.

BROILED HAM

Soak thin slices of ham 1 hour in lukewarm water. Drain, wipe, and broil 3 minutes on each side in broiler, or pan-broil, greasing pan with small amount of ham fat.

BARBECUED HAM

Broiled ham	$\frac{1}{2}$ teaspoon sugar
3 tablespoons vinegar	$\frac{1}{8}$ teaspoon paprika
$1\frac{1}{2}$ teaspoons mustard	1 tablespoon currant jelly

Add seasonings to fat in pan. Heat and pour over ham.

BROILED HAM, EPICUREAN STYLE

Broil thick slice of ham on one side. Turn and spread thickly with brown sugar. Broil until sugar melts, reducing heat to prevent sugar from scorching. Serve with sautéed pineapple slices.

FRIED HAM AND EGGS

Serve Broiled Ham with eggs fried in ham fat.

CASSEROLE OF HAM I

1 slice ham, 2 inches thick	2 cups milk
$1\frac{1}{2}$ cups potatoes, pared and thinly sliced	

Wipe ham, remove outside edge of fat. Put in casserole, cover with potatoes. Add milk, cover, and bake $1\frac{1}{2}$ to 2 hours in moderate oven (350° F.).

CASSEROLE OF HAM II

1 slice ham, 1 inch thick	$1\frac{1}{2}$ cups Brown Stock (p. 144) or
3 large onions, sliced thin	Canned tomatoes (highly seasoned)

Place onions in baking dish. Place ham on onions. Pour on stock or tomatoes. Bake 1 hour in moderate oven (350° F.).

HAM ROLL

Spread 1-inch slice of ham with Raisin and Nut Stuffing (p. 181) or Plain Stuffing (p. 180). Roll up and skewer or tie in shape. Put in baking dish, cover with stock or canned tomatoes, cover, and bake $1\frac{1}{2}$ to 2 hours in moderate oven (350° F.).

BAKED HAM WITH GLACÉD PINEAPPLE

1 slice ham, 1 inch thick

Prepared mustard

Canned pineapple

 $\frac{1}{2}$ cup brown sugar

6 cloves

Soak ham 1 hour in lukewarm water. Drain, arrange in baking dish, spread with mustard, pour on 1 cup pineapple sirup, sprinkle with sugar, and stick with cloves. Bake in moderate oven (350° F.) until tender. Arrange pineapple rings on ham. Bake until pineapple is delicately brown, basting frequently with sirup in pan.

BOILED HAM

High-grade commercial hams need no soaking. Home-cured hams, smoked shoulders, picnics, and cottage butts are improved by soaking overnight or for several hours in cold water to cover.

Scrub ham well with a stiff brush and place in kettle of simmering water (180° F.) so that ham is just covered. Do not allow water to bubble. Allow 25 minutes per pound for medium-sized ham. If meat thermometer is used, it will register 158° F. when ham is done. Hams cooked in simmering water are juicier and have a better flavor than those cooked in boiling water.

Cool in water in which it was cooked. Remove from water, and peel off outer skin. Cut in thin slices.

SMITHFIELD HAM, VIRGINIA HAMS, ETC.

These hams are aged longer than others and need especially careful soaking and scrubbing. If very old and moldy, scrub with a brush and strong yellow soap. Rinse well. Allow about 30 minutes to the pound for cooking. Some Southern cooks allow 10 hours for a large ham.

They are usually baked with one of the finishes suggested under Baked Ham.

WESTPHALIAN HAM

These hams are imported from Germany and need no additional cooking. Cut in very thin slices for serving.

FROSTED HAM

Remove outside skin from a cold, boiled ham and trim off most of the fat, leaving as smooth a surface as possible. Rub over with cracker dust (made from hard crackers, rolled and put through a fine sieve) and spread with Royal Frosting (p. 679). Decorate with frosting (colored pink and green) forced through a pastry bag and tube. Remove to platter, garnish bone with paper frill and bone end with silver skewer stuck with a large truffle between two stuffed olives. Arrange around ham a border of small lettuce leaves and watercress.

BAKED HAM À LA VAN VOAST

Ham	1 teaspoon allspice berries
6 slices carrot	½ teaspoon peppercorns
6 slices onion	1 cup soft stale bread crumbs
2 stalks celery	1 cup brown sugar
3 sprigs parsley	1 teaspoon mustard
1 teaspoon whole cloves	Vinegar
	2 cups cider

Cook ham as for Boiled Ham, adding carrot, onion, celery, parsley, cloves, allspice berries, and peppercorns to water. Cool in water in which it has been cooked, take from water, remove skin, and spread with mixture made by combining crumbs, sugar, and mustard with enough vinegar to hold mixture together. Pour cider over it and bake 1 hour in slow oven (300° F.), basting every 10 minutes. Serve hot with Cider Sauce (p. 204).

BAKED HAM I

Cool Boiled Ham partially, in water in which it was cooked. Take from water, remove outside skin, sprinkle with sugar and fine cracker crumbs, stick with cloves ½ inch apart. Bake 1 hour in slow oven (300° F.). Serve cold, thinly sliced. Any of the finishes suggested under Baked Ham II may be used.

BAKED HAM II

Scrub ham thoroughly with stiff brush. Place, fat side up, in uncovered pan and bake in slow oven (300° F.). A 10- to

12-pound ham requires 25 minutes per pound; larger hams, 20 minutes per pound; half hams, 30 minutes per pound. 45 minutes before it is done, take from oven, remove rind, and spread with one of the following, moistened with fat from drippings:



Carving a Ham

1 cup brown sugar *or*

1 cup brown sugar and 2 tablespoons flour *or*

1 cup brown sugar and 2 tablespoons vinegar, fruit juice, or cider, *or*

1 cup brown sugar and $\frac{1}{4}$ cup fine bread crumbs *or*

Dust with brown sugar and cinnamon, brush over with beaten egg, and cover with fine crumbs.

Stick in whole cloves; during last 10 minutes, increase heat to brown ham (400° to 450° F.). Serve with Raisin Sauce I or II, Cider Sauce, or Grapejuice Sauce (p. 204).

BROILED SAUSAGES

Cut apart. Prick with fork. Parboil 5 minutes in boiling water.

Drain, fry in hot pan, turning frequently until brown. Pour off fat frequently. Drain on brown paper. Serve with Fried Apple Rings (p. 185) or Pineapple (p. 188) or Sautéed Bananas (p. 55).

BAKED SAUSAGES

Cut apart, prick, and parboil sausages. Place on rack in dripping pan and bake about 25 minutes in moderate oven (350° F.). Sliced apple may be baked in pan under sausages.

SAUSAGES BAKED IN POTATOES (DEERFOOT POTATOES)

Wash and pare potatoes of uniform size. Make hole with apple corer in each. Push in sausage. Place potatoes in baking dish and bake in hot oven (450° F.) until soft. Baste every 10 minutes with drippings.

SAUSAGE BISCUITS

Baking-Powder Biscuit (p. 90)

1 pound sausages

Pan-broil sausages. Cut out biscuits $\frac{1}{4}$ inch thick in 3-inch rounds. Place sausage on each and fold over. Bake 15 minutes in hot oven (450° F.).

SAUSAGE CAKES

Make sausage meat into flat round cakes. Pan-broil in hot frying pan. Serve as suggested for Broiled Sausages.

SAUSAGE STUFFED PRUNES

$\frac{1}{2}$ pound large prunes

$\frac{1}{2}$ cup soft bread crumbs

$\frac{1}{2}$ pound sausage meat

Salt, pepper, poultry seasoning

Cook prunes in water to cover until tender, but not soft. Remove pits, fill generously with sausage mixed with crumbs and seasonings. Bake in lightly greased pan in hot oven (400° F.)

about 25 minutes or until sausage is well browned. Serve with sauce made with 1 tablespoon fat from pan, 1 tablespoon flour, 1 cup prune juice, 1 tablespoon lemon juice, 1 teaspoon grated lemon rind, and salt to taste.

HAM LOAF

1 pound smoked ham	2 eggs, well beaten
1½ pounds fresh pork	1 cup milk
1 teaspoon pepper	1 cup cracker crumbs

Order ham and pork ground. Add other ingredients. Shape into loaf. Arrange in pan and bake 2 hours in moderate oven (350° F.). During baking, baste frequently with sauce made of ⅓ cup brown sugar, 1 tablespoon mustard, and ½ cup water.

HAM AND VEAL LOAF

2 pounds smoked ham	1 cup bread crumbs
1 pound veal	2 eggs
	2 cups milk

Have meat chopped. Add other ingredients. Shape into loaf. Bake in moderate oven (350° F.) about 2 hours. Serve with Horse-radish Sauce II (p. 206).

MISS DANIEL'S MEAT LOAF

1 pound fresh pork	1 cup milk
1 pound veal	1 tablespoon salt
2 pounds beef	⅛ teaspoon pepper
1 cup bread crumbs	3 eggs, slightly beaten
	6 slices fat salt pork

Chop meat finely, mix, and add remaining ingredients (except salt pork) in order given. Shape in loaf, put in pan, and lay across top 6 thin slices fat salt pork. Roast 1½ hours in hot oven (400° F.), basting every 10 minutes, at first with ½ cup hot water and after that has gone with fat in pan. Remove to platter, pour around Tomato Sauce (p. 198) or Brown Sauce (p. 196), and garnish with parsley. 1 small onion, peeled and finely chopped, may be added.

GERMAN LOAF

1 pound ham	1 teaspoon pepper
1 pound fresh pork	2 teaspoons curry powder
1 clove garlic	1½ tablespoons sage
1 small onion	1 egg white
1 tablespoon salt	½ cup cream

Force ham, pork, garlic, and onion through food chopper. Add seasonings and again force through food chopper; then add egg white and cream and mix thoroughly. Put 4 strips of uncooked ham fat on center of square of cheesecloth, press mixture into shape, and place over fat. Roll in cheesecloth and tie. Place on trivet in kettle and add 3 quarts of boiling water, $\frac{1}{4}$ cup vinegar, and 1 teaspoon salt. Cover and simmer $2\frac{1}{2}$ hours. Drain, cool, and put under a weight. Cut in thin slices for serving.

PORK AND HAM IN MADE-OVER DISHES

In addition to the recipes listed below, use a bit of chopped ham to give additional flavor to a sandwich filling, stuffing or mixed vegetable salad.

Ham à la Breck. Follow recipe for Lamb à la Breck (p. 293), using ham in place of lamb.

Cottage Pie (with pork). Follow recipe for Cottage Pie (p. 279), using cooked pork in place of beef.

Ham and Spinach Soufflé (p. 479)

Chicken and Ham Filling for Rissoles (p. 641)

Ham Mousse, Alexandria (p. 417)

Cold Ham Mousse, Epicurean (p. 423)

Ham Timbales (p. 416)

Peppers Stuffed with Mushrooms and Ham (p. 475)

Scalloped Eggs (p. 363)

Ham Omelet (p. 373)

Ham Biscuits (p. 90)

Chicken and Ham Sandwich Filling (p. 722)

Chaufroid of Eggs (p. 427)

Boiled Macaroni, Italian Style (p. 381)

Wax Beans (p. 449)

Sandwich Fillings (pp. 720-721)

FORT LINCOLN

1½ cups cooked pork	3 tablespoons flour
Mashed potatoes	1 cup milk
3 slices fat salt pork, cubed	½ teaspoon salt, few grains pepper

Try out salt pork. To 2 tablespoons fat, add flour and stir until well blended. Add milk gradually, while stirring constantly, bring to boiling point, season with salt and pepper, and add pork. Make border on serving dish of mashed potatoes and fill with mixture. Garnish, if desired, with parsley and fried potato balls.

SHREDDED HAM, CURRANT JELLY SAUCE

½ tablespoon butter	Few grains cayenne
⅓ cup currant jelly	¼ cup sherry
1 cup cold, cooked ham, cut in small strips	

Melt butter and currant jelly. Add cayenne, sherry, and ham; simmer 5 minutes.

SCALLOPED HAM

4 hard-cooked eggs, finely chopped	¾ cup chopped, cooked ham
2 cups White Sauce (p. 191)	¾ cup buttered cracker crumbs

Sprinkle bottom of buttered baking dish with crumbs, cover with half the eggs, then with sauce, then with meat. Repeat. Cover with remaining crumbs. Bake in moderately hot oven (375° F.) until crumbs are brown.

CHAPTER 24

LIVER, SWEETBREADS AND OTHER MEAT EXTRAS

LIVER

Calf's liver, beef liver, lamb liver, and pig's liver are all used. Calf's liver is considered the choicest, but beef and lamb liver are often very tender and of excellent flavor. Select liver with very little odor and of bright red color.

To Prepare Liver. Wipe with damp cloth and remove thin outside skin and veins. If beef liver is tough, parboil 5 minutes if sliced, 20 minutes if whole, before using in following recipes.

BROILED LIVER

Prepare slices of liver $\frac{1}{2}$ inch thick. Sprinkle with salt and pepper, place in greased wire broiler, and broil 5 minutes, turning often. Spread with butter and sprinkle with salt and pepper.

FRIED OR SAUTÉED LIVER

Prepare sliced liver. Sauté slowly in butter or bacon fat (2 table-spoons for 1 pound of liver). If bacon fat is used, serve with bacon.

BAKED LIVER AND BACON

Put in bottom of dripping pan or baking dish slices of calf's liver, cover each slice with a strip of bacon. Put hot water about $\frac{1}{4}$ inch deep in bottom of pan and bake in a moderate oven, 375° F. from 40 to 50 minutes.

BRAISED LIVER

1 pound liver	$\frac{1}{4}$ teaspoon peppercorns
Fat salt pork	2 cloves
$\frac{1}{4}$ cup carrot	Bit of bay leaf
$\frac{1}{4}$ cup onion	2 cups Brown Stock (p. 144) or water
$\frac{1}{4}$ cup celery	$1\frac{1}{2}$ tablespoons butter
	2 tablespoons flour

Prepare liver, skewer, and tie in shape. Lard (p. 260) upper side with salt pork. Put in deep pan with trimmings from lardoons, carrot, onion, celery, peppercorns, cloves, bay leaf, and stock or water. Cover closely and bake 2 hours in slow oven (300° F.), uncovering the last 20 minutes. Remove from pan, strain liquor, and thicken with butter and flour, browned together. Serve around liver. Serves 4.

LIVER À LA MADAME BEGUÉ

1 pound liver, cut in 1-inch cubes	1 onion, thinly sliced
Salt and pepper	3 sprigs parsley

Sprinkle liver with salt and pepper, cover with onion and parsley, let stand 2 hours. Fry in deep fat (390° F.) 1 minute. Drain. Garnish with lemon or parsley. Serves 4.

LIVER LOAF

1 pound beef liver	1 teaspoon salt
$\frac{1}{2}$ pound fresh pork, chopped	$\frac{1}{4}$ teaspoon pepper
1 cup bread crumbs	2 tablespoons tomato catsup
1 onion, chopped fine	Tomato juice or water or
1 egg, well beaten	milk to moisten
	Juice $\frac{1}{2}$ lemon

Skin liver, slice, and cook 15 minutes in boiling salted water. Drain, chop, and add other ingredients. Mix thoroughly. Line bread pan with slices of bacon. Pack in mixture. Lay bacon over top. Bake 1 hour in moderate oven (350° F.). Serves 6.

SAUTÉED CHICKEN LIVERS

Clean and separate, sprinkle with salt and pepper, dredge with flour, and sauté in butter. Reheat in Brown Sauce (p. 196). Add 12 stoned olives or 2 tablespoons Madeira to sauce, if desired.

CHICKEN LIVERS WITH MUSHROOMS

6 chickens' livers	1 shallot, finely chopped or
1 slice bacon, cut in small pieces	$\frac{1}{2}$ tablespoon chopped onion
2 tablespoons butter	Finely chopped parsley
$\frac{1}{4}$ cup sliced mushrooms	2 tablespoons flour
	1 cup Brown Stock (p. 144)
	1 teaspoon lemon juice

Cook bacon and butter 5 minutes. Remove bacon, add shallot, fry 2 minutes. Add livers, cook 2 minutes. Add flour, stock, lemon juice, and mushrooms. Cook 2 minutes, sprinkle with parsley. Serves 4 to 6.

CHICKEN LIVERS WITH BACON

Clean and cut livers in pieces. Wrap a thin slice of bacon around each piece. Fasten with small skewers. Put in broiler over dripping pan and bake in hot oven (425° F.) until bacon is crisp, turning once.

CHICKEN LIVERS WITH CURRY

6 chickens' livers, cleaned and cut in pieces	$\frac{1}{2}$ tablespoon finely chopped onion
Crumbs, salt, and pepper	2 tablespoons flour
Egg	$\frac{1}{2}$ teaspoon curry powder
	1 cup Chicken Stock (p. 151)
	Butter

Dip livers in seasoned crumbs, egg, and crumbs, and fry (sauté) in butter. Remove livers, and to fat in pan add 2 tablespoons butter and the onion, and cook 5 minutes. Add flour mixed with curry powder and stock. Stir and cook until sauce boils. Strain sauce over livers and serve with Rice Timbales (p. 64), if desired.

CHICKEN LIVERS EN BROCHETTE

Chickens' livers	Thinly sliced bacon
	Watercress

Cut livers in 4 pieces. Alternate pieces of liver and bacon on skewers, allowing 4 pieces of liver and 5 pieces of bacon to each skewer. Arrange skewers in upright positions on rack in dripping pan. Bake in hot oven (425° F.) until bacon is crisp. Serve on skewers, garnished with watercress.

SWEETBREADS

A sweetbread is the thymus gland of lamb or calf, but in cookery, veal sweetbreads only are considered. It is prenatally developed, of unknown function, and as soon as the calf is taken from liquid food, it begins to disappear. A sweetbread consists of two parts, connected by membrane and tubing. The round, compact part is called the heart sweetbread, as its position is nearer the heart; the other part is called the throat sweetbread. When sweetbreads are separated at market, avoid buying two throat sweetbreads, as the heart sweetbread is the more desirable. Sweetbreads spoil very quickly.

To Parboil Sweetbreads. Remove from paper as soon as received from market, plunge into cold water, and let stand 1 hour. Drain, put into salted boiling water. To each quart of water add 2 tablespoons lemon juice or vinegar. Cook slowly 20 minutes. Drain, and plunge into cold water, to keep white and firm.

BROILED SWEETBREADS

Parboil, split crosswise. Sprinkle with salt and pepper and broil 5 minutes. Serve with Lemon Butter (p. 203).

CREAMED SWEETBREADS

Parboil, cut in small cubes. Reheat in White Sauce (p. 191) with asparagus tips, or sliced, cooked mushrooms. Serve on toast or in patty cases.

Sweetbreads à la Poulette. Reheat in Béchamel Sauce (p. 193). Season with slight grating of nutmeg.

Creamed Sweetbreads and Chicken. Use equal parts cooked chicken and sweetbreads, diced.

SWEETBREADS, COUNTRY STYLE

Parboil, sprinkle with salt and pepper, dredge with flour. Arrange in baking dish, brush over with melted butter, allowing 2 tablespoons to each pair of sweetbreads, and cover with thin slices fat salt pork. Bake 25 minutes in hot oven (450° F.), basting twice during cooking. Remove pork during last 5 minutes of cooking.

LARDED SWEETBREAD

Parboil, lard (p. 260) upper side, and bake until well browned, basting with Meat Glaze.

Meat Glaze. Dilute beef extract with water or use a strong consommé.

SWEETBREADS À LA NAPOLI (SOUS CLOCHE)

1 large sweetbread, parboiled	Salt, paprika
2 tablespoons butter	2 cups cream
Beef extract	8 mushroom caps, fried in butter
1 cup grated Parmesan cheese	8 pieces toast, cut in 3½-inch rounds

Cut sweetbread in 8 pieces. Fry (*sauté*) in small quantity of butter, adding enough beef extract to give a glazed appearance. Moisten cheese with 1 cup cream, season with salt and paprika, and spread on toast. Place 1 piece of sweetbread on each piece of toast. Season with salt and pepper. Put in individual baking dishes, having 2 tablespoons cream in each. Place mushroom cap on each piece of sweetbread, cover with glass covers, and bake 8 minutes in moderate oven (350° F.).

SWEETBREAD CUTLETS

Parboil, split, and cut in circular pieces or pieces shaped like small cutlets. Sprinkle with salt and pepper, dip in crumbs, egg, and crumbs, and fry (*sauté*) in butter. Serve with Tomato Sauce (p. 198) or around creamed asparagus tips.

SWEETBREAD AND BACON (EN BROCHETTE)

Parboil sweetbread, cut in small pieces, and arrange alternately with bacon on small skewers, having 4 pieces of sweetbread and 3 of bacon on each. Brush over with melted butter or oil, sprinkle with crumbs, and broil slowly 10 to 15 minutes. Serve on skewers.

SWEETBREADS MONROE

1 sweetbread, parboiled, cut in 6 pieces	$\frac{1}{8}$ teaspoon pepper
1 small onion, sliced	$\frac{3}{4}$ cup Chicken Stock (p. 151)
1 stalk celery, sliced	$\frac{1}{4}$ cup white wine
4 slices fat salt pork, cubed	1 tablespoon flour
2 tablespoons butter	1 cup peas, canned or cooked
1 teaspoon salt	Béarnaise Sauce (p. 202)

Truffle

Cook sweetbread 6 minutes with onion, celery, pork, 1 tablespoon butter, salt, and pepper, stirring almost constantly. Add stock and wine, cover, and simmer 35 minutes. Remove sweetbread, strain stock. Melt remaining butter, add flour, and stir until well blended; add stock gradually, while stirring constantly. Add peas and simmer 10 minutes. Arrange peas in 6 small baking dishes or casseroles, place piece of sweetbread on each, cover with Béarnaise Sauce, and garnish with piece of truffle.

Waldorf Sweetbreads. Serve on canned artichoke bottoms, heated and seasoned with butter, salt, and pepper. Pour on Allemande Sauce (p. 195) made with stock in pan.

SWEETBREADS À LA MONT VERT

1 pair sweetbreads, parboiled	6 slices carrot
Truffles, sliced and cut for garnishing	$\frac{1}{4}$ cup Brown Stock (p. 144)
3 tablespoons butter	$\frac{1}{4}$ cup Chicken Stock (p. 151)
2 slices onion	Suprême Sauce (p. 195) <i>or</i>
	Béchamel Sauce (p. 193)

Gash sweetbreads. Put pieces of truffle in gashes. Melt butter, add onion, carrot, and sweetbreads; fry 5 minutes. Pour off butter, add stock, cover with buttered paper, and bake 15 minutes in hot oven (425° F.). Serve with sauce.

TONGUE

Tongues of beef, calf, lamb, and sheep are used fresh, corned, smoked, or pickled.

TO COOK CORNED TONGUE

See Corned Beef (p. 277). If very salt, soak several hours in cold water before cooking. Take from water when slightly cooled and remove skin. Serve hot or cold, sliced very thin. If hot, serve with Tomato Sauce (p. 198) or Currant Jelly Sauce (p. 196).

BRAISED TONGUE

1 fresh tongue	4 tablespoons butter
$\frac{1}{3}$ cup carrot	4 tablespoons flour
$\frac{1}{3}$ cup celery	Salt, pepper
$\frac{1}{3}$ cup onion	Worcestershire Sauce
1 sprig parsley	

Put tongue in boiling water, cook slowly 2 hours. Take tongue from water and remove skin and roots. Place in deep pan with vegetables. Brown butter, add flour. When well browned, add 4 cups water in which tongue was cooked. Season with salt, pepper, and Worcestershire Sauce and pour over tongue. $1\frac{1}{2}$ cups stewed and strained tomatoes may be used in place of some of the water. Cover and bake 2 hours in slow oven (300° F.), turning after first hour. Remove tongue and serve with sauce, strained or not.

CALVES' TONGUES, SAVORY STYLE

4 tongues	1 onion, stuck with 6 cloves
6 slices carrot	$\frac{1}{2}$ teaspoon peppercorns
2 stalks celery	3 tablespoons salt

Cover tongues with boiling water, add seasonings, cook slowly until tender. Take from water and remove skin and roots while hot. Split and pour over Brown Tomato Sauce (p. 198) or Sauce Piquante (p. 197).

BREADED TONGUE WITH TOMATO SAUCE

Cut cold boiled tongue in $\frac{1}{3}$ -inch slices. Sprinkle with salt and pepper, dip in egg and crumbs, and sauté in butter. Serve with Tomato Sauce (p. 198).

KIDNEYS

Kidneys of beef, veal, mutton, and lamb are used.

To Prepare Kidneys. Wash in cold water, remove skin. If old, soak in salted water 2 or 3 hours.

Do not overcook kidneys as they toughen after the first few minutes.

BROILED VEAL KIDNEYS

Order kidneys with suet left on. Trim, split, and broil 10 minutes or until thoroughly done. Turn frequently while broiling. Serve on toast. Pour on melted butter, seasoned with salt, cayenne, and lemon juice.

SAUTÉED KIDNEYS

Order lamb or veal kidneys sliced $\frac{1}{4}$ to $\frac{1}{2}$ inch thick. Soak in salted water 30 minutes. Drain, wipe dry, sprinkle with salt and pepper and sauté quickly in butter — not more than 5 minutes, turning frequently. Serve on toast. Season butter in pan with lemon juice and pour over kidneys, adding more butter if needed.

KIDNEYS EN BROCHETTE (À LA CANFIELD)

Kidneys	Bacon
Mushroom caps	Brown Stock (p. 144)

Trim kidneys, cook 10 minutes in stock to cover, drain, reserving stock, and cut in slices. Arrange alternate slices of kidney and thinly sliced bacon on skewers with mushroom cap at end of skewer. Broil until bacon is crisp, and arrange on pieces of toast. Cover with sauce made from stock in which kidneys were cooked, seasoned with salt and cayenne.

BRAISED KIDNEYS

6 lambs' or 4 veal kidneys	Flour for dredging
Salt, pepper	$\frac{2}{3}$ cup boiling water or
2 tablespoons butter	Brown Stock (p. 144)
Lemon juice, onion juice or Madeira	

Scald, skin, and soak kidneys 30 minutes in cold water. Slice $\frac{1}{4}$ inch thick, sprinkle with salt and pepper. Melt butter in hot frying pan, put in kidneys, and cook 5 minutes. Dredge thoroughly with flour, add water or stock, and cook 5 minutes. Add more salt and pepper if needed, and lemon juice, onion juice or Madeira.

RAGOÛT OF KIDNEYS

6 lambs' or 4 veal kidneys	$\frac{1}{2}$ tablespoon finely chopped onion
Salt, pepper	3 tablespoons flour
4 tablespoons butter	$1\frac{1}{2}$ cups hot Brown Stock (p. 144)

Scald, skin, and soak kidneys 30 minutes in cold water. Slice, sprinkle with salt and pepper, sauté 5 minutes in 2 tablespoons butter. Remove to hot dish. Cook onion in remaining butter until brown. Add flour and stock slowly. Bring to boiling point, season, strain, and add kidneys. $\frac{1}{2}$ cup mushroom caps, peeled and quartered, may be added. Add white wine to taste, if desired. Vegetables, such as finely cut carrot or celery, may be added.

KIDNEY ROLLS

$\frac{1}{2}$ cup stale bread crumbs	Salt, pepper
$\frac{1}{2}$ small onion, finely chopped	1 egg, slightly beaten
$\frac{1}{2}$ tablespoon parsley, finely chopped	Bacon
	Lambs' or veal kidneys

Mix crumbs, onion, and parsley with enough egg to moisten. Season and spread on thin slices of bacon. Fasten with skewers around pieces of kidney (scalded, peeled, and soaked). Bake 20 minutes in a hot oven (425° F.).

HEARTS

The hearts of calves, beef, sheep, and lambs are used, but calves' hearts are considered the choicest.

BOILED HEART

Clean hearts. Simmer in water until tender. Split, remove gristle, and chop. Season and serve on toast.

SAUTÉED HEART

Clean, wash, cut in $\frac{1}{2}$ -inch slices, and soak 1 hour in salted cold water. Sprinkle with flour or crumbs and sauté slowly in butter (about 15 minutes).

STUFFED CALF'S HEART

Wash, remove veins, arteries, and clotted blood. Stuff with half quantity of Plain Stuffing (p. 180), highly seasoned with sage, and

sew. Sprinkle with salt and pepper, roll in flour, and brown in hot fat. Place in small, deep baking pan, half cover with boiling water, cover closely, and bake 2 hours in slow oven (250° F.), basting every 15 minutes. Add more water if necessary. Remove heart from pan. Thicken liquor with flour diluted with small quantity of cold water, season with salt and pepper, and pour around heart.

STUFFED HEARTS WITH VEGETABLES

2 calves' hearts	2 sprigs parsley
Plain Stuffing (p. 180)	4 slices carrot
Fat salt pork	2 slices turnip
Salt, pepper	Bit of bay leaf
Flour for dredging	2 cloves
1 stalk celery	$\frac{1}{4}$ teaspoon peppercorns
1 tablespoon chopped onion	1 $\frac{1}{2}$ cups Brown Stock (p. 144)

Clean, wash, stuff, skewer into shape, lard, season with salt and pepper, dredge with flour, and sauté in pork fat, adding to fat celery, onion, parsley, carrot, turnip, bay leaf, cloves, and peppercorns. Turn hearts occasionally until well browned, then add stock, cover, and cook slowly 1 $\frac{1}{2}$ hours. Serve with cooked carrots and turnips cut in strips or fancy shapes.

CALF'S HEAD À LA TERRAPIN

1 calf's head Velouté Sauce (p. 194)

Wash and clean head. Cook until tender in boiling water to cover. Cool and cut meat from cheek in small cubes. To 2 cups meat add 1 cup sauce.

BRAINS

The brains of calves, lambs, and sheep are used.

BOILED BRAINS

Wash, remove arteries and membranes, and soak 1 hour in cold water to cover. Cook 15 to 30 minutes in gently boiling salted water to which has been added 1 tablespoon vinegar, or in half the rule for Court Bouillon (p. 214). Drain, serve with Black Butter (p. 203) or Mushroom Sauce (p. 196).

CALF'S BRAINS À LA YORK

Boiled calf's brains	2 tablespoons butter
$\frac{1}{4}$ pound mushroom caps, peeled and sliced	$1\frac{1}{2}$ cups White Sauce (p. 191) made with thin cream
	$\frac{1}{2}$ cup sherry

Press brains under weight. When cold, cut in small cubes, add sherry, cover, and let stand 1 hour. Sauté mushrooms in butter. Add to sauce with brains. Reheat and season with salt, paprika, and cayenne.

SCRAMBLED BRAINS

Boiled calf's brains	$\frac{1}{4}$ teaspoon pepper
4 hard-cooked eggs, chopped	1 tablespoon Worcestershire sauce
2 eggs, beaten	2 tablespoons tomato catsup
1 teaspoon salt	4 tablespoons butter

Heat heavy frying pan, melt butter, add other ingredients, and cook like Scrambled Eggs (p. 369). Serve on toast.

TRIPE

Tripe is the first stomach of beef. Honeycomb tripe is the more delicate of the two varieties. Tripe is sold fresh and pickled. Select clean-looking tripe from a young animal.

BROILED TRIPE

Wipe fresh tripe as dry as possible, dip in fine cracker dust and olive oil or melted butter. Drain off all fat possible and again dip in cracker dust. Place in greased broiler and broil 5 minutes, cooking smooth side of tripe the first 3 minutes. Place on hot platter, honeycombed side up, spread with butter, and sprinkle with salt and pepper. Broiled tripe is at its best when cooked over a charcoal fire.

STEWED TRIPE

Cover with cold water, bring to boiling point, drain, cover with boiling salted water, simmer until tender (4 hours if cooked whole, 2 hours if cut in pieces for serving). Serve with Tomato Sauce (p. 198), Sauce Espagnole (p. 197), or White Sauce (p. 191).

TRIPE IN BATTER

1 cup flour	½ tablespoon vinegar
¼ teaspoon salt	1 teaspoon olive oil
½ cup cold water	or melted butter
1 egg, well beaten	Fresh honeycomb tripe

Mix flour and salt. Add cold water gradually. When smooth, add egg, vinegar, and oil or butter. Cut tripe in pieces for serving. Dip in batter, and sauté in small quantity hot fat.

PICKLED TRIPE FRIED IN BATTER

Cut pickled honeycomb tripe in pieces for serving; wash, cover with boiling water, and simmer gently 20 minutes. Drain and again cover, using equal parts cold water and milk. Heat to boiling point, again drain, wipe as dry as possible, sprinkle with salt and pepper, brush over with melted butter, dip in Batter III (p. 392) made with ⅓ cup milk. Fry (p. 26). Serve with slices of lemon and Chili Sauce.

LYONNAISE TRIPE

3 cups fresh honeycomb tripe	2 tablespoons butter
1 tablespoon finely chopped onion	Salt, pepper
Chopped parsley	

Cut tripe in pieces 2 inches by ½ inch. Put in pan in oven to draw out water. Drain. Brown onion slightly in butter, add tripe, and cook 5 minutes. Sprinkle with salt, pepper, and parsley.

Tripe à la Creole. Add to butter and onion 1 tablespoon green pepper, finely chopped, 1 tablespoon flour, ½ cup Brown Stock (p. 144), ¼ cup drained tomatoes, and 1 fresh mushroom, sliced.

BRAISED OX JOINTS

1 ox tail	2 cups water
Flour for dredging	2 cups canned tomatoes
Butter	1 teaspoon salt
1 onion, sliced	¼ teaspoon pepper
¼ cup flour	⅔ cup carrot } in small cubes
2 cups Brown Stock (p. 144)	⅔ cup turnip }

Cut ox tail at joints, parboil 5 minutes, wash thoroughly, dredge with flour, and sauté with onion in butter until well browned. Add flour, stock, water, tomatoes, salt, and pepper. Turn into

baking dish, cover, and cook slowly $3\frac{1}{2}$ hours. Remove ox tail, strain sauce, and return ox tail and sauce to oven to finish cooking. Add carrot and turnip, parboiled in boiling salted water 5 minutes. As soon as vegetables are soft, add more salt and pepper if needed.

BOILED PIGS' FEET

Pigs' feet are usually sold already boiled but can be prepared at home. Roll tightly in cheesecloth, put in pan with $\frac{1}{2}$ sliced onion, $\frac{1}{2}$ sliced carrot, $\frac{1}{8}$ teaspoon whole black peppers, sprig of parsley, bit of bay leaf, and $\frac{1}{2}$ teaspoon salt. Cover with cold water, bring to boiling point, and simmer until done — 5 or 6 hours. Store in broth until used.

BROILED PIGS' FEET

Wipe boiled pigs' feet, sprinkle with salt and pepper, and broil 6 to 8 minutes. Serve with Maître d'Hôtel Butter (p. 204) or Sauce Piquante (p. 197).

FRIED PIGS' FEET

Wipe boiled pigs' feet, sprinkle with salt and pepper, dip in crumbs, egg, and crumbs; fry in deep fat (p. 26).

CHAPTER 25

POULTRY AND GAME

Poultry includes all domestic birds suitable for food, *i.e.*, chicken, fowl, guinea fowl, turkey, duck, goose, pigeons, and squab.

Game includes all wild animals and birds suitable for food, such as quail, partridge, plover, wild duck, deer, reindeer, and moose.

TO SELECT POULTRY AND GAME

Chicken and Fowl. *Fowl* have hard and dry feet and stiff cartilage at end of breastbone. A four-pound fowl serves six.

Chicken have soft feet, smooth skin, and soft cartilage at end of breastbone. A four-pound chicken serves four to six.

Guinea chickens have a slightly gamey flavor. They are generally sold with wing feathers left on. Guinea chickens may be cooked and served in any of the ways suitable for chickens of their age and size. *Squab guineas* are young guineas.

Capons are considered a little choicer than ordinary chickens. They have rounded, well-fleshed bodies, and pale combs. They usually weigh seven to eight pounds and serve eight generously.

Broilers or *spring chickens* or *squab chickens* are young, tender birds. Allow one-half small broiler to a person.

Canned chicken. Chicken meat or small whole chickens may be bought in cans.

Duck should be soft and white. A *duckling* is a young duck but may weigh as much as six pounds.

Goose should have a pliable, yellow bill and soft, fat, yellow feet. A four-pound goose serves six. A *green goose* is a young native goose.

Pigeons should be plump. Allow one pigeon to a person.

Squabs are young pigeons that have not been allowed to fly. Allow one squab to each person.

Turkey should be smooth and have soft and pliable cartilage at end of breastbone.

Game Birds should have soft feet and pliable bills.

Rabbits. Young rabbits have soft ears and paws, short necks, and smooth, sharp claws.

Venison. Deer should hang two weeks or longer, according to taste, before using. Fat should be white and firm.

PREPARATION OF POULTRY FOR COOKING

To Singe. Hold over a flame (from gas, alcohol, or burning paper) and constantly change position to expose all of surface to flame, thus burning off hairs and down.

To Dress and Clean. (Poultry may be prepared at market, but it is wise to examine it carefully to be sure it has been properly done.) Cut off the head and draw out pinfeathers, using a small pointed knife. Cut through the skin around the leg one and one-half inches below the leg joint, care being taken not to cut tendons; place leg at this cut over edge of board, press downward to snap the bone, then take foot in right hand, holding bird firmly in left hand, and pull off foot, and with it the tendons. In old birds the tendons must be drawn separately, which is best accomplished by using a steel skewer. **To Draw,** make an incision through skin below breastbone, just large enough to admit the hand and remove:

Entrails and giblets (gizzard, heart, and liver). Retain giblets.

Gall bladder (on under surface of right lobe of liver). Do not break, as even a small amount of the bile would give bitter flavor to any part touched.

Lungs (red, spongy, on each side of backbone, between ribs).

Remove every particle.

Kidneys (in hollow, near end of backbone).

Feel under skin close to neck with first two fingers and pull out windpipe, and crop, which is attached to skin close to breast.

Draw down neck skin and cut off neck close to body, leaving skin long enough to fasten under the back. Cut out oil bag at base of tail. Wash bird by allowing cold water to run through it, not allowing bird to soak in cold water. Wipe inside and outside, looking carefully to see that everything has been withdrawn. If there is disagreeable odor, suggesting that fowl may have been kept too long, clean at once, wash inside and out with soda water, and sprinkle inside with charcoal, and place some under wings.

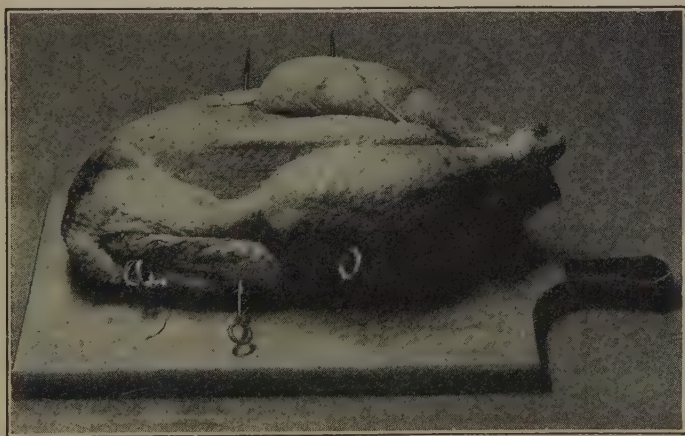
Poultry dressed at market seldom have tendons removed unless so ordered. It is always desirable to have them withdrawn, as they become hard and bony during cooking. It is the practice of marketmen to cut a gash through the skin to reach crop and windpipe more easily. This gash must be sewed before stuffing and causes the bird to look less attractive when cooked.

To Cut Up a Fowl. Singe, draw out pinfeathers, cut off head, remove tendons and oil bag. Cut through skin between leg and body close to body, bend back leg (thus breaking ligaments), cut through flesh, and separate at joint. Separate the upper part of leg, *second joint*, from lower part of leg, *drumstick*, as leg is separated from body. Remove wing by cutting through skin and flesh around upper wing joint which lies next to body, then disjoint from body. Cut off tip of wing and separate wing at middle joint. Remove leg and wing from other side. Separate breast from back by cutting through skin, beginning two inches below breastbone and passing knife between terminus of small ribs on either side and extending cut to collar bone. Before removing entrails, gizzard, heart, liver, lungs, kidneys, crop, and windpipe, observe their position, that the anatomy of the bird may be understood. The back is sometimes divided by cutting through the middle crosswise. The wishbone, with adjoining meat, is frequently removed, and the breast meat may be separated in two parts by cutting through flesh close to breastbone with cleaver. Wipe pieces, excepting back, with cheesecloth wrung out of cold water. Back piece needs thorough washing.

To Clean Giblets. Remove thin membrane, arteries, veins, and clotted blood around heart. Separate gall bladder from liver,

cutting off any of liver that may have a greenish tinge. Cut fat and membranes from gizzard. Make a gash through thickest part of gizzard, and cut as far as inner lining, being careful not to pierce it. Remove the inner sack and discard. Wash giblets and cook until tender, with neck and tips of wings, putting them in cold water and heating water quickly that some of the flavor may be drawn out into stock, which is to be used for making gravy.

To Stuff Poultry. Put stuffing by spoonfuls in neck end, using enough to fill the skin so that bird may look plump when served. When cracker stuffing is used, allow for the swelling of crackers, otherwise skin may burst during cooking. Put remaining stuffing in body; if the body is full, sew skin; if not full, bring skin together with a skewer. Body may be lined with large crusts, cut from loaf, before putting in stuffing.



In Trussing a Chicken for Roasting the String Does Not Cross the Breast

To Truss Chicken and Turkey. Draw thighs close to body and hold by inserting a steel skewer under middle joint, running it through body, coming out under middle joint on other side. Cross drumsticks, tie securely with a long string, and fasten to tail. Place wings close to body and hold them by inserting a second skewer through wing, body, and wing on opposite side. Draw neck skin under back and fasten with a small wooden skewer. Turn bird on

its breast. Cross string attached to tail piece and draw it around each end of lower skewer; again cross string and draw around each end of upper skewer; fasten string in a knot and cut off ends. In birds that are not stuffed, legs are often passed through incisions cut in body under bones near tail.

To Truss Ducks and Geese. Ducks and geese, having short legs, are trussed differently from chicken, fowl, and turkey. After inserting skewers, wind string twice around one leg bone, then around other leg bone, having one-inch space of string between legs. Draw legs with both ends of string close to back, cross string under back, then fasten around skewers and tie in a knot.

To Fillet a Chicken. Remove skin from breast, and with a small, sharp knife begin at end of collar bone and cut through flesh, following close to wishbone and breastbone the entire length of meat. Raise flesh with fingers and with knife free the piece of meat from bones which lie under it. Cut meat away from wing joint; this solid piece of breast meat is known as a *fillet*. This meat is easily separated in two parts. The upper, larger part is called the *large fillet*; the lower part the *mignon fillet*. One inch of wing bone is often left attached to fillet to be decorated, after cooking, with a chop frill. The tough skin on the outside of large fillet should be removed, also the sinew from mignon fillet. To remove tough skin, place large fillet on a board, upper side down; make an incision through flesh at top of fillet, and cut entire length of fillet, holding knife as close to skin as possible.

To Bone a Bird. In buying birds for boning, select those which have been fresh killed, dry picked, and not drawn. Singe, remove pinfeathers, head, and feet, and cut off wings close to body in small birds. Lay bird on a board, breast down.

Begin at neck and with sharp knife cut through the skin the entire length of body. Scrape the flesh from backbone until end of one shoulder blade is found; scrape flesh from shoulder blade and continue around wing joint, cutting through tendinous portions which are encountered; then bone other side. Scrape skin from backbone the entire length of body, working across the ribs. Free wishbone and collarbones, at same time removing crop and windpipe; continue down breastbone, particular care being taken not to break the skin as it lies very near bone, or to cut the delicate mem-

branes which enclose entrails. Scrape flesh from second joints and drumsticks, laying it back and drawing off as a glove may be drawn from the hand. Withdraw carcass and put flesh back in its original shape. In large birds, where wings are boned, scrape flesh to middle joint, and break bone at that point, leaving bone at tip end to assist in preserving shape.

To Dress Birds for Broiling. Singe, wipe, and with a sharp-pointed knife, beginning at back of neck, make a cut through backbone the entire length of bird. Lay open the bird and remove contents from inside. Cut out rib bones on either side of backbone, remove from breastbone, then cut through tendons at joints.

To Carve Chicken, Fowl, or Turkey. Bird should be placed on back, with legs at right of platter for carving. Introduce carving fork across breastbone, hold firmly in left hand, and with carving knife in right hand cut through skin between leg and body, close to body. With knife pull back leg and disjoint from body. Then cut off wing. Remove leg and wing from other side. Separate second joints from drumsticks and divide wings at joints. Carve breast meat in thin, crosswise slices. Under back on either side of backbone may be found two small, oyster-shaped pieces of dark meat, which are dainty tidbits. For a small family carve but one side of a turkey, that remainder may be left in better condition for second serving.

BROILED CHICKEN I

Dress for broiling, following directions given above. Sprinkle with salt and pepper and place in well-greased broiler. Broil 20 minutes over clear fire or in broiler of gas stove or electric range, watching carefully and turning broiler so that all parts may be equally browned. Place two inches from flame in gas stove, one inch from unit in electric stove. Expose flesh side to the fire the greater part of time, as the skin side will brown quickly. Remove to hot platter, spread with soft butter, and sprinkle with salt and pepper.

BROILED CHICKEN II

Dress for broiling. Place in dripping pan, skin side down, sprinkle with salt and pepper, dot over with butter. Bake 15 minutes in hot oven (425° F.), then broil 5 to 7 minutes.

BROILED GUINEA CHICKENS

Follow directions for Broiled Chickens I or II.

PLANKED CHICKEN, PEPPER BUTTER

- | | |
|---|---------------------------|
| 1 young chicken, split as
for broiling | Duchess Potatoes (p. 432) |
| 8 mushroom caps, peeled and sautéed in butter | Pepper butter |

Place chicken in baking pan, sprinkle with salt and pepper, dot over with Pepper Butter, and bake in hot oven (400° F.) until nearly cooked. Butter plank (p. 263), arrange border of potatoes close to edge. Place chicken on plank. Spread with butter mixture, add mushrooms, and brown in hot oven (425° F.). Serve on plank.

Pepper Butter.

- | | | |
|---------------------------|---------------------|-------------------------------------|
| ¼ cup butter | | 1 teaspoon onion, finely
chopped |
| ¼ tablespoon red pepper | } finely
chopped | ½ clove garlic, finely
chopped |
| ¼ tablespoon green pepper | | |
| ¼ tablespoon parsley | | |
| 1 teaspoon lemon juice | | |

Cream butter, add pepper, parsley, onion, garlic, and lemon juice.

PLANKED BONED CHICKEN

- | | |
|---------------------------------|--|
| 3-pound chicken, boned (p. 334) | Sliced mushroom caps, fried
in butter |
| 2 tablespoons butter | Hominy and Horse-radish |
| Flour for dredging | Croquettes (p. 380) |
| Mashed sweet potatoes | |

Sprinkle chicken with salt and pepper, dredge with flour, and dot over with butter. Put in buttered pan and bake 45 to 50 minutes in hot oven (425° F.). Arrange border of potatoes on buttered plank, put chicken in center, and bake until potato is reheated and well browned. Garnish with mushrooms and croquettes or as suggested for Planked Steak (p. 263).

DELMONICO'S DEVEILED CHICKEN

- | | |
|---------------------------------|-----------------------------|
| 1 chicken, dressed for broiling | 1 teaspoon vinegar |
| Salt, pepper | ½ teaspoon paprika |
| 4 tablespoons butter | ¾ cup buttered, soft crumbs |
| 1 teaspoon prepared mustard | |

Sprinkle chicken with salt and pepper. Broil in well-greased broiler 8 minutes. Cream butter, add mustard, $\frac{1}{2}$ teaspoon salt, vinegar, and paprika, and spread on chicken. Sprinkle with crumbs and bake until chicken is tender and crumbs are brown.

BLANKETED CHICKEN

2 broilers, split and cleaned	1 tablespoon finely cut chives
Salt, pepper	8 thin slices bacon
2 tablespoons finely chopped green pepper	4 tablespoons flour
	$1\frac{1}{2}$ cups cream or half stock and half cream

Place broilers in pan, sprinkle with salt, pepper, green peppers, and chives. Cover with bacon and bake in hot oven (400° F.) until tender. Surround with sauce made of 3 tablespoons fat from pan, flour, and cream, seasoned with salt and pepper.

SMOTHERED CHICKEN, SWEDISH STYLE

2 broilers, split	Flour for dredging
Salt, pepper	$1\frac{1}{2}$ cups heavy cream
$1\frac{1}{2}$ cups Chicken Stock (p. 151)	

Sprinkle broilers inside and out with salt and pepper, dredge outside sparingly with flour, and fold over. Heat heavy kettle, pour in 1 cup cream, add chickens. Cook until well browned, turning occasionally, adding more cream if necessary. Cover, cook until tender, and remove to hot platter. To 3 tablespoons fat remaining in kettle, add 3 tablespoons flour and stir until well blended; add slowly stock and remaining cream. Bring to boiling point, season, and strain.

SMOTHERED CHICKENS, SOUR CREAM SAUCE

2 broilers, split	$\frac{1}{2}$ cup butter
Salt, pepper	1 cup sour cream
	Toast

Melt butter in heavy kettle, add broilers sprinkled with salt and pepper. Brown on all sides. Cover closely, reduce heat, and cook until tender (about 30 minutes). Remove broilers. Add cream to fat in pan; when hot, pour over pieces of toast. Arrange broilers on toast and garnish.

BRESLIN POTTED CHICKEN

2 broilers, cleaned and trussed	$\frac{1}{3}$ cup string beans, cooked or
$2\frac{1}{2}$ tablespoons melted butter	canned, cut in small pieces
1 cup Chicken Stock (p. 151)	$\frac{1}{3}$ cup cooked carrot, cut in
1 tablespoon butter	fancy pieces
1 tablespoon flour	6 mushroom caps, fried in
$\frac{1}{2}$ cup cooked potato balls	butter

Put broilers in casserole dish, brush over with melted butter, cover, and bake 20 minutes in moderately hot oven (375° F.). Add stock and cook until chicken is tender. Thicken gravy with butter and flour cooked together and add vegetables.

FRIED CHICKEN

Cut chickens in pieces for serving and fry in pork fat or butter. Serve with Brown Gravy (p. 196).

FRIED CHICKEN, SOUTHERN STYLE

2 young chickens, cut in	1 pound fat salt pork, cut in pieces
pieces for serving	2 cups White Sauce (p. 191), made
Salt, pepper	with half milk and half cream
	Flour for dredging

Plunge chicken in cold water, drain, but do not wipe. Sprinkle with salt and pepper, coat as thickly as possible with flour. Try out pork, add chicken, and cook until tender and well browned. Serve with White Sauce.

MARYLAND CHICKEN

2 young chickens, cut in	$\frac{1}{3}$ cup melted butter
pieces for serving	1 egg, slightly beaten
Salt, pepper	Soft crumbs
Flour	2 cups White Sauce made with cream (p. 191)

Sprinkle chicken with salt and pepper, dip in flour, then in egg diluted with 1 tablespoon water, and crumbs. Place in well-greased pan. Bake 35 to 60 minutes in hot oven (400° F.), basting after first 5 minutes with butter. Serve with White Sauce.

CHICKEN À LA STANLEY

6 tablespoons butter	1 cup Chicken Stock (p. 151)
1 large onion, thinly sliced	1½ tablespoons flour
2 broilers, cut in pieces for serving	½ cup cream
	Salt, pepper
	2 bananas

Melt 4 teaspoons butter, add onion and broilers. Cover, cook slowly 10 minutes. Add stock and cook until meat is tender. Remove chickens, rub stock and onion through sieve. Thicken with remaining butter and flour cooked together. Add cream. Season with salt and pepper. Pour sauce around chicken, garnish with bananas cut in diagonal slices and sautéed in butter.

KNICKERBOCKER SUPRÊME OF CHICKEN

Breast meat from 3 young chickens or guinea chickens	Flour
Salt, pepper	Butter
Heavy cream	Thin slices hot, broiled ham
	Asparagus tips
	1½ cups Suprême Sauce (p. 195)

Trim meat into cutlet shape. Sprinkle with salt and pepper, dip in cream, roll in flour, and sauté in butter until delicately browned. Arrange in baking pan, dot over with 2 tablespoons butter, cover with buttered paper, and bake 10 minutes in moderately hot oven (375° F.) or until tender. Remove to cutlet-shaped pieces of ham, garnish top of each with 3 asparagus tips and surround with sauce.

LARDED BREASTS OF GUINEA CHICKEN

Breasts, wing joints attached	Brown Nut Sauce (p. 196)
Salt, pepper	Potato Balls
Fat salt pork for lardoons	Pastry boats, filled with
Cream	Asparagus, Mousseline Sauce (p. 195)
	Hot fried or broiled ham

Lard upper side of breasts, using 4 lardoons to each. Put in dripping pan, sprinkle with salt and pepper, dredge with flour, and brush over with cream. Bake in moderately hot oven (375° F.) 30 minutes, basting 3 times with fat in pan. Remove to slices of ham and serve with sauce. Put frills on bones and garnish with potato balls and pastry boats filled with asparagus.

FILLETS OF CHICKEN, SAUCE SUPRÊME

Fillets from 3 chickens	$\frac{1}{2}$ cup Chicken Stock (p. 151)
Truffle	or Madeira
Salt and pepper	Suprême Sauce (p. 195)
12 peeled mushroom caps	Celery tips

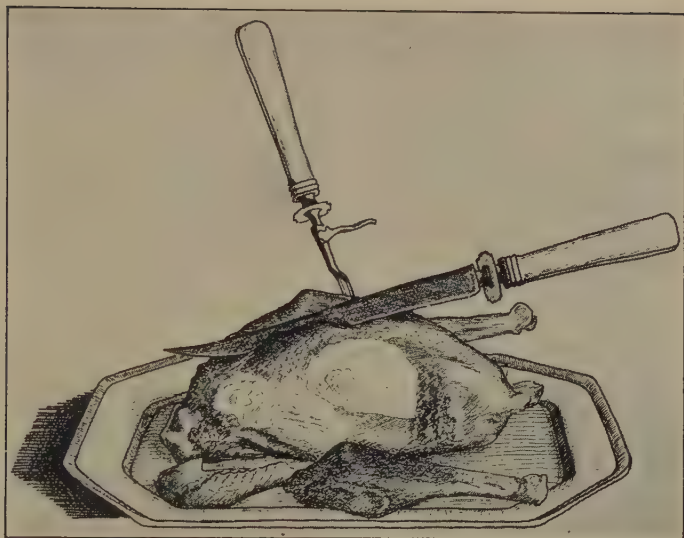
Make pocket in each large fillet and stuff with forcemeat made of small fillets. Close pockets and fasten with 5 nail-shaped pieces of truffle, drawn through with a larding needle. Sprinkle with salt and pepper, put in small baking dish, brush over with cold water, add stock, or Madeira, cover with buttered paper, and bake 10 minutes in hot oven (425° F.). Cook mushroom caps in sauce 5 minutes and arrange, overlapping each other, down center of platter. Put 3 fillets on each side of platter, with chop frill on each wing bone. Garnish with celery tips and surround with sauce.

Chicken Forcemeat. Put mignon fillets through a food chopper; add half the quantity of stale bread crumbs cooked with milk until moisture has nearly evaporated. Cool and put through purée strainer; then add $1\frac{1}{2}$ tablespoons melted butter, 1 egg yolk, 2 tablespoons cream, and salt and pepper to taste.

ROAST CHICKEN

Dress, clean, stuff, and truss (p. 331) a chicken. Place on its back on rack in dripping pan, rub entire surface with salt, and spread breast and legs with 3 tablespoons butter, rubbed until creamy and mixed with 2 tablespoons flour. Dredge bottom of pan with flour. Place in hot oven (450° F.) and when flour is well browned, reduce heat to moderate (350° F.), then baste. Continue basting every 10 minutes until chicken is cooked. For basting, use $\frac{1}{4}$ cup butter, melted in $\frac{2}{3}$ cup boiling water, and after this is gone, use fat in pan, and when necessary to prevent flour burning, add 1 cup boiling water. During cooking, turn chicken frequently, that it may brown evenly. If a thick crust is desired, dredge bird with flour 2 or 3 times during cooking. If a glazed surface is preferred, spread bird with butter, omitting flour, and do not dredge during baking. When breast meat is tender, bird is sufficiently cooked. A 4-pound chicken requires about 2 hours.

Stuff with Savory, Celery, Corn Bread or Egg Stuffing (p. 180), Mushroom or Savory Mushroom Stuffing (p. 182).



Keep Fork in Place until Breast Meat Is Sliced

CHICKEN GRAVY

Pour off liquid in pan in which chicken has been roasted. From liquid skim off 4 tablespoons fat; return fat to pan and brown with 4 tablespoons flour; add 2 cups stock in which giblets, neck, and tips of wings have been cooked. Cook 5 minutes, season with salt and pepper, then strain. The remaining fat may be used, in place of butter, for frying potatoes, or for basting when roasting another chicken.

Giblet Gravy. Add cooked giblets (heart, liver, and gizzard), finely chopped.

BAKED CHICKEN

3-pound chicken, cut in pieces
for serving
Salt, pepper

Flour for dredging
 $\frac{1}{4}$ cup butter
 $\frac{1}{2}$ cup Chicken Stock (p. 151)
 $\frac{1}{2}$ cup cream

Place chicken in pan, sprinkle with salt and pepper, dredge with flour, dot over with 2 tablespoons butter. Bake 30 minutes in hot

oven (400° F.), basting every 5 minutes with remaining butter melted in $\frac{1}{8}$ cup boiling water. Make gravy of 2 tablespoons fat in pan, 2 tablespoons flour, stock, and cream. Season to taste.

BRAISED CHICKEN

4-pound fowl, cleaned and trussed	2 sprigs thyme
2 slices fat salt pork,	1 sprig parsley
$\frac{1}{4}$ inch thick	1 bay leaf
5 slices carrot, cubed	2 tablespoons butter
$\frac{1}{2}$ onion, sliced	2 cups boiling water or Chicken Stock (p. 151)

Try out pork. Strain fat, add carrot, onion, parsley, and bay leaf. Cook 10 minutes. Add butter and fowl. Cook until surface is well browned, turning often. Place on trivet in deep pan, pour over fat, add water or stock. Cover and bake in slow oven (325° F.) until tender, basting often and adding more water as needed. Strain stock, remove fat, and use for sauce or gravy.

BOILED FOWL, CAPON, OR CHICKEN

Dress, clean, and truss fowl (p. 331). Tie in cheesecloth, place on trivet in kettle, and add boiling water to half cover fowl. Cook slowly, covered, until tender, turning occasionally. Add salt the last hour of cooking. Serve with Egg (p. 194), Oyster (p. 200), or Celery (p. 191), Sauce. It is not desirable to stuff a boiled fowl. The cooked fowl may be used in any recipe calling for cooked chicken. The water in which fowl is cooked is known as Chicken Stock (p. 151).

CHICKEN À LA PROVIDENCE

1 boiled chicken	$\frac{1}{2}$ cup cooked peas
2 tablespoons butter	1 teaspoon lemon juice
2 tablespoons flour	2 egg yolks
$\frac{1}{2}$ tablespoon chopped parsley	Salt
$\frac{1}{2}$ cup cooked carrot, cut in fancy shapes	Pepper

Reduce liquor in which chicken was cooked to 2 cups and add to butter and flour cooked together. Add carrot, peas, lemon juice, egg yolks, salt, and pepper. Place chicken on hot platter, surround with sauce, and sprinkle with parsley.

CHICKEN STEW

4-pound fowl, cut in pieces for serving	$\frac{1}{8}$ teaspoon pepper
Boiling water	$\frac{1}{8}$ cup flour
$\frac{1}{2}$ tablespoon salt	Dumplings (p. 275)

Cover fowl with boiling water, cook slowly until tender, adding salt and pepper when fowl is half-cooked. Thicken stock with flour diluted with enough cold water to pour easily. Add butter, if a richer sauce is desired. Serve with Dumplings.

CHICKEN PIE

Chicken Stew Plain or Puff Paste (pp. 621, 618)

Place small cup in center of baking dish, arrange around it pieces of stewed chicken, removing some of larger bones. Pour on gravy and cool. Cover with pastry, in which several incisions have been made for outlet of steam and gases. Wet edge and put around a rim of paste, close to edge. Bake 10 minutes in hot oven (450° F.) or until crust is well risen and slightly browned; then reduce heat to moderate (350° F.) and finish baking. Roll remnants of pastry and cut in diamond-shaped pieces, bake, and serve separately or when pie is reheated. If Puff Paste is used, bake top separately.

Louisburg Chicken Pie. Add 12 mushroom caps, sliced and sautéed in butter, $\frac{1}{2}$ pound sausage meat, made into tiny balls and sautéed, and 1 cup tiny potato balls.

CHICKEN PIE, COUNTRY STYLE

Follow recipe for Chicken Pie, but cover with Baking-Powder Biscuit mixture (p. 90), $\frac{1}{2}$ inch thick for crust. Cut a 2-inch round from center of crust.

Or roll biscuit mixture $\frac{1}{2}$ inch thick and cut out small round biscuits. Place close together to cover pie.

Bake in hot oven (450° F.).

CHICKEN CALIFORNIAN

4-pound fowl, cut in pieces for serving	$\frac{1}{2}$ small onion, sliced
Salt and pepper	1 cup rice, uncooked
	Boiling water

Cover fowl with boiling water, add onion and rice, and cook slowly until tender, adding 2 teaspoons salt when half done. Season to taste. Arrange rice on serving dish with chicken on top.

CHICKEN FRICASSEE

4-pound fowl, cut in pieces for serving, leaving breasts whole	Bit of bay leaf
Salt, pepper	Flour for dredging
$\frac{1}{2}$ small onion, sliced	Butter or pork fat
3 peppercorns	4 tablespoons flour
	4 tablespoons butter

Cover fowl with boiling water, add seasonings, except salt, and cook slowly until tender (1 to $1\frac{1}{2}$ hours), adding 2 teaspoons salt when half done. Remove from water, sprinkle with salt and pepper, dredge with flour, and sauté in butter or pork fat. Reduce stock in pan to 2 cups. Melt butter, add flour, stir until well-blended, add stock gradually. Bring to boiling point and season. Arrange chicken on pieces of dry toast placed on a hot platter, having wings and second joints opposite each other, breast in center of platter, and drumsticks crossed just below second joints. Surround with sauce.

If chickens are used instead of fowl, sauté without previous cooking and simmer 15 to 20 minutes in sauce.

One-half cup cream may be added to sauce. Butter and flour may be browned for sauce.

For a richer sauce, stir in 2 egg yolks, slightly beaten with $\frac{1}{2}$ cup cream, stir over heat for a moment and pour around chicken.

Mushrooms, sliced or small caps, sliced onion, cooked rice, or any Tomato Sauce may be added for variety.

CHICKEN À LA MERANGO

Dress, clean, and cut up a chicken. Sprinkle with salt and pepper, dredge with flour, and sauté in salt pork fat. Put in a stewpan, cover with sauce, and cook slowly until chicken is tender. Add $\frac{1}{2}$ can mushrooms cut in quarters and cook 5 minutes. Arrange chicken on serving dish and pour around sauce; garnish with parsley.

Merango Sauce.

$\frac{1}{4}$ cup butter	2 cups boiling water
1 tablespoon finely chopped onion	$\frac{1}{2}$ cup stewed and strained tomato
1 slice carrot, cut in cubes	1 teaspoon salt
1 slice turnip, cut in cubes	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{4}$ cup flour	Few grains cayenne

Cook butter 5 minutes with vegetables. Add flour, with salt, pepper, and cayenne, and cook until flour is well browned. Add gradually water and tomato; cook 5 minutes, then strain.

CHICKEN STEW WITH ONIONS

2 chickens, cut in pieces for serving	$\frac{1}{2}$ cup heavy cream
18 tiny young onions	3 egg yolks
3 tablespoons butter	Salt
4 tablespoons flour	Pepper
	Lemon juice

Cook chickens and onions in small quantity of water. When chicken is tender, remove to serving dish. When onions are soft, drain from stock and reduce stock to $1\frac{1}{2}$ cups. Melt butter, add flour, and very slowly, stock and cream. Add egg yolks, salt, pepper, and lemon juice to taste. Pour sauce over chicken and onions.

CHICKEN GUMBO

3-pound chicken, cut in pieces for serving	4 cups sliced okra, cooked or canned
Salt, pepper	$\frac{1}{4}$ red pepper, finely chopped, or 1 pimiento
Flour for dredging	$1\frac{1}{2}$ cups tomato
Pork fat for frying	3 cups boiling water
$\frac{1}{2}$ onion, finely chopped	1 cup boiled rice
Sprig parsley	

Sprinkle chicken with salt and pepper, dredge with flour. Fry (sauté) in pork fat. Remove chicken. Fry onion in fat remaining in pan, add okra, parsley, or pimiento, and red pepper, and cook slowly 15 minutes. Add to chicken with tomato, water, and $1\frac{1}{2}$ teaspoons salt. Cook slowly until chicken is tender, and add rice.

CHICKEN CURRY

3-pound chicken, cut in pieces for serving	1 tablespoon curry powder
$\frac{1}{2}$ cup butter	2 teaspoons salt
2 onions, sliced	1 teaspoon vinegar
	Boiled rice (p. 63) or Turkish Pilaf II (p. 377)

Melt butter in hot frying pan, add chicken, cook 10 minutes. Add liver and gizzard and cook 10 minutes longer. Add onion, curry, salt, and vinegar. Add boiling water to cover. Simmer

until chicken is tender. Remove chicken, strain liquor, measure, and thicken with 1 tablespoon flour to each cup, mixed with enough cold water to pour easily. Pour over chicken, serve with border of rice or Turkish Pilaf.

MEXICAN CHICKEN

2 young chickens, cut in pieces for serving	8 canned pimientos, rubbed through sieve
1 teaspoon salt	1 onion, finely chopped
Pepper	2 cloves garlic, finely chopped
6 tablespoons butter	3 tablespoons flour

Season chickens with salt and pepper. Sauté in 3 tablespoons butter. Add 1 teaspoon salt, onion, garlic, pimientos, and boiling water to cover. Cook until chicken is tender. Remove to serving dish and thicken sauce with remaining butter and flour cooked together.

CHICKEN EN CASSEROLE I

2 small young chickens, cut in pieces for serving	1 tablespoon finely chopped onion
Salt, pepper	4 thin slices bacon, cut in narrow strips
Melted butter	1 $\frac{1}{8}$ cups Brown Sauce (p. 196)
$\frac{1}{8}$ cup carrots, cut in strips	$\frac{2}{3}$ cup potato balls

Season chicken with salt and pepper, brush over with butter. Bake 12 minutes in casserole. Parboil carrots 5 minutes, drain, fry with onion and bacon. Add sauce and potato balls. Add to chicken and season to taste. Bake 20 minutes in moderately hot oven (375° F.) or until chicken is tender.

CHICKEN EN CASSEROLE II

Young, tender fowl, cut in pieces for serving	1 cup boiling water
$\frac{1}{8}$ cup butter	1 cup cream
Salt, pepper	2 cups mushroom caps, broken in pieces
	1 tablespoon flour

Spread fowl with butter, put in casserole, sprinkle with salt and pepper. Pour over water, cover, and cook in moderately hot oven (375° F.) until tender (about 1 hour). Add cream and mushrooms. Cook 10 minutes. Thicken gravy with flour mixed with 2 tablespoons cold water.

ROAST DUCK (*Domestic*)

Dress, clean, and truss (pp. 331-334). Sprinkle with salt and pepper. Place on rack in roasting pan; bake in hot oven (450° F.) 12 to 15 minutes to the pound. Baste every 5 minutes with fat in pan or orange juice. Serve with Orange or Olive Sauce (p. 197) and currant jelly.

Since ducks have a strong flavor, they are sometimes stuffed with apples, pared, cored, and cut in quarters, or 3 small onions. Remove before serving. Ducks may be steamed 1½ hours before roasting, if very fat.

Or stuff with Apple Stuffing (p. 182), Peanut Stuffing (p. 182), or Onion Stuffing (p. 180). Allow 1½ to 2 cups stuffing.

ROAST DUCK (*Wild*)

Let stand in warm room until chill is completely off.

Dress, clean, stuff with sliced apple or onion, and truss. Sprinkle with salt and pepper, cover breast with 2 very thin slices fat salt pork. Bake 15 to 30 minutes in very hot oven (450° F.) basting every 5 minutes with fat in pan. Remove apple or onion. For very rare duck, roast 12 to 20 minutes, according to size.

DUCKLINGS

Broil or Plank small ducklings like Broiled Chicken (p. 335) or Planked Chicken (p. 336). Roast larger ones like Roast Duck (about 30 minutes).

SQUAB GUINEAS

Broil or Plank like Broiled Chicken (p. 335) or Planked Chicken (p. 336).

ROAST GOOSE

Singe, remove pinfeathers, wash, and scrub; then draw (which is removing inside contents). Wash in cold water and wipe. Stuff, truss, sprinkle with salt and pepper, and lay 6 thin strips fat salt pork over breast. Place on rack in dripping pan, put in hot oven (400° F.), and bake 2 hours. Baste every 15 minutes with fat in pan. Remove pork last half-hour of cooking. Place on platter,

remove string and skewers. Garnish with watercress and bright red cranberries. Serve with Apple Sauce or Fried Apple Rings (p. 185). Allow about 2 cups stuffing for a 4-pound goose, using Savory Stuffing (p. 180), Apple Stuffing (p. 182), or Apple and Prune Stuffing I or II (p. 183).

ROAST GOOSE (*Wild*)

Prepare like Roast Duck (*Wild*). Roast in hot oven (400° F.) until done — at least 2 hours, as wild geese are often old and very tough.

LARDED GROUSE

Clean, remove pinions and, if tough, the skin covering breast. Lard breast and insert 2 lardoons in each leg. Truss and bake like Roast Quail (p. 350), allowing 20 to 25 minutes.

BREAST OF GROUSE, SAUTÉ CHASSEUR

2 grouse	Bit of bay leaf
Butter	4½ tablespoons flour
Salt, pepper	¾ cup stewed and strained tomatoes
1 stalk celery	Salt, cayenne
3 slices carrot	Lemon juice
2 slices onion	1 teaspoon finely chopped parsley
2 sprigs parsley	½ cup canned mushrooms, cut in slices

Remove breast from grouse and sauté in butter. When partially cooked, season with salt and pepper. Break grouse in pieces, cover with cold water, add carrot, celery, onion, parsley, and bay leaf, and cook until stock is reduced to ¾ cup. Make sauce of 3 tablespoons butter, flour, stock from grouse, and tomatoes; season with salt, cayenne, and lemon juice to taste and add chopped parsley and mushrooms. Arrange breast meat on serving dish and surround with sauce.

LARDED STUFFED ENGLISH PARTRIDGE

3 birds	½ cup sherry
Fat salt pork for larding	Toast
3 tablespoons melted butter	Watercress
Cold Orange Sauce (p. 206)	

Clean, stuff, lard, and truss birds. Put in casserole and add $\frac{1}{3}$ cup trimmings from pork cut in small pieces. Put in moderately hot oven (375° F.) and cook uncovered 15 minutes, basting 3 times with butter. Pour over sherry, cover, and cook 25 minutes, reducing heat to moderately slow (325° F.). Serve on toast, garnish with watercress, and serve with Cold Orange Sauce.

ROAST PHEASANT

Put a piece of fat bacon over the breast, tie with a string, place on baking pan, and bake 30 to 40 minutes, basting frequently while cooking. Serve on a buttered slice of toast, garnish with watercress, and with it serve Bread Sauce (p. 193), browned bread crumbs, and gravy. Remove bacon before serving.

POTTED PIGEONS

6 pigeons	Pork fat
1 quart boiling water in which celery has been cooked	$\frac{1}{4}$ cup butter
Salt, pepper	$\frac{1}{4}$ cup flour
Flour	Dry toast
	Parsley

Clean, stuff, and truss pigeons, place upright in stewpan, and add water. Cover and cook slowly 3 hours or until tender; or cook in slow oven (300° F.) in covered baking dish. Remove from water, cool slightly, sprinkle with salt and pepper, dredge with flour, and brown entire surface in pork fat. Make a sauce with butter and flour cooked together and stock remaining in pan; there should be 2 cups. Place each bird on slice of toast and pour gravy over all. Garnish with parsley.

PIGEON PIE

6 pigeons	2 sprigs parsley
Salt pork fat	2 stalks celery
$\frac{1}{2}$ teaspoon peppercorns	4 tablespoons butter
1 onion stuck with 8 cloves	3 tablespoons flour
8 slices carrot	Vol-au-Vent (p. 620)

Dress, clean, and truss pigeons and sauté in fat until entire surface is seared, turning frequently. Put in kettle, nearly cover with boiling water, and add peppercorns, onion, carrot, parsley, and

celery, and simmer 3 hours or until tender. Remove pigeons, strain liquor, and thicken with butter and flour cooked together. Reheat pigeons in sauce, arrange in vol-au-vent, and cover with pastry top.

ROAST PIGEONS

Clean, stuff, and truss. Roast 45 minutes or until tender in hot oven (400° F.), basting frequently.

PLOVER

Broil or roast like quail.

BROILED QUAIL

Follow recipe for Broiled Chicken (p. 335), allowing 8 minutes. Serve on toast. Garnish with parsley and lemon. Serve with currant jelly or Rice Croquettes with Jelly (p. 379).

ROAST QUAIL

Dress, clean, lard, and truss. Place on rack in small shallow pan. Rub with salt, brush over with melted butter, dredge with flour, and surround with trimmings of fat salt pork. Bake 15 to 20 minutes in hot oven (400° F.), basting 3 times. Remove string and skewers, pour around Bread Sauce (p. 193), and sprinkle with coarse, browned bread crumbs.

BRAISED QUAIL

Follow recipe for Braised Chicken (p. 342), allowing about 30 minutes for cooking.

BIRDS ON CANAPÉS

5 birds (quail or squab)	6 boiled chickens' livers
Salt, pepper	Onion juice
Butter	1 teaspoon finely chopped parsley
3 tablespoons flour	5 pieces toast

Split birds, season with salt and pepper, and spread with 4 tablespoons butter, rubbed until creamy and mixed with flour. Bake in hot oven (425° F.) until well browned, basting every 4 minutes with

2 tablespoons butter, melted in $\frac{1}{4}$ cup water. Chop livers, season with salt, pepper, and onion juice, moisten with melted butter, and add parsley. Spread mixture on toast, arrange a bird on each canapé, and garnish with parsley.

SAUTÉED QUAIL À LA MOUQUIN

6 quail, dressed, cleaned, and trussed	2 cloves
$\frac{1}{2}$ cup butter	1 pint white wine
2 shallots, finely chopped	1 pint heavy cream
2 cloves garlic, finely chopped	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ bay leaf	$\frac{1}{8}$ teaspoon pepper
1 teaspoon peppercorns	Few grains cayenne
1 teaspoon finely cut chives	

Cook butter with shallots, garlic, bay leaf, peppercorns, and cloves for 8 minutes, stirring constantly. Sauté quail in mixture until well browned. Add wine and simmer 30 minutes. Remove quail, strain sauce into casserole, and add cream slowly. Add remaining seasonings and quail, cover, and heat to boiling point. Serve in casserole.

BREAST OF QUAIL, LUCULLUS

6 quails 2 cups Brown Stock (p. 144)

Remove breast with bone, lard, and bake 20 minutes in hot oven (400° F.), basting every 5 minutes with stock to give glazed appearance. Serve with brown sauce made of remaining stock seasoned with tomato catsup and a bit of mashed sweet potato.

QUAIL PIES

6 quails	Bit of bay leaf
6 slices carrot	$\frac{1}{4}$ teaspoon peppercorns
Stalk of celery	Flour
2 slices onion	Salt and pepper
Sprig of parsley	Lemon juice or sherry

Remove breasts and legs from birds, season with salt and pepper, dredge with flour, and fry (sauté) in butter. To butter in pan add vegetables and peppercorns and cook 5 minutes. Separate backs of birds in pieces, cover with cold water, add vegetables, and cook slowly 1 hour. Drain stock from vegetables and thicken with flour

diluted with enough cold water to pour easily. Season with salt, pepper, and lemon juice or sherry. If not rich enough, add more butter. Allow 1 bird to each individual dish, sauce to make sufficiently moist, and cover with plain or puff paste, in which make 2 incisions, through which the legs of the bird should extend. Bake like Chicken Pie (p. 343).

BROILED JUMBO SQUABS

Broil like Broiled Chicken (p. 335) or Planked Chicken (p. 336).

ROAST STUFFED JUMBO SQUABS

Clean, stuff with Mushroom Stuffing (p. 182), and truss. Season with salt and pepper, brush over with melted butter, and bake about 45 minutes in hot oven (400° F.). Baste every 6 minutes with $\frac{1}{3}$ cup butter melted in $\frac{2}{3}$ cup boiling water.

SQUABS EN CASSEROLE

3 jumbo squabs	1 bunch cooked asparagus
Butter	5 Bermuda onions, sliced, and
$\frac{1}{2}$ cup Chicken Stock (p. 151)	broiled, or fried
1 cup boiled potato balls	

Dress, clean, and truss squabs. Put in casserole, brush over with melted butter, cover, and bake 10 minutes in moderately hot oven (375° F.). Add stock, cover, and cook until squabs are tender, reducing heat (325° F.). Add vegetables. Serve in casserole.

ROAST TURKEY

Dress, clean, stuff, and truss (pp. 331-334). Place on its side on rack in dripping pan, rub entire surface with salt, and spread breast, legs, and wings with $\frac{1}{3}$ cup butter, rubbed until creamy and mixed with $\frac{1}{4}$ cup flour. Dredge bottom of pan with flour. Place in hot oven (450° F.). When flour on turkey begins to brown, reduce heat (350° F.) and baste every 15 minutes until turkey is cooked (about 3 hours). For basting, use $\frac{1}{2}$ cup butter melted in $\frac{1}{2}$ cup boiling water and after this is used, baste with fat in pan. Pour water in pan during the cooking, as needed to prevent flour from burning. During cooking, turn turkey frequently, that it may

brown evenly. If turkey is browning too fast, cover with buttered paper to prevent burning. Remove string and skewers before



Roast Turkey Has No Rival at Thanksgiving

serving. Garnish with parsley, or celery tips, or curled celery, or rings and discs of carrots strung on fine wire. To carve, see p. 335. Allow 8 cups stuffing for a 10-pound turkey. Use any of following:

New England Stuffing (p. 181)	Sausage and Chestnut Stuffing
Giblet or Celery Stuffing (p. 180)	(p. 183)
Raisin and Nut Stuffing (p. 181)	Potato Stuffing (p. 181)
Oyster Stuffing (p. 181)	Apple and Prune Stuffing (p. 183)
Chestnut Stuffing (p. 183)	

TURKEY GRAVY

6 tablespoons fat from roasting pan	3 cups stock (water in which giblets, neck, and wing tips have been cooked)
6 tablespoons flour	
Salt, pepper, onion juice	

Brown fat with flour. Pour on gradually stock or liquor left in pan. Cook 5 minutes, season and strain.

Turkey Giblet Gravy. Add cooked giblets, finely chopped.

Chestnut Gravy. Add $\frac{3}{4}$ cup cooked and mashed chestnuts (p. 458). Thin with stock or hot water if too thick.

BOILED TURKEY

Follow directions for Boiled Fowl (p. 342). Serve with Oyster (p. 200) or Celery Sauce (p. 191).

BELGIAN HARE A LA MARYLAND

Cut body in 6 pieces, legs in 2. Follow directions for Maryland Chicken (p. 338). Bake 40 minutes, basting with bacon fat in place of butter.

BELGIAN HARE, SOUR CREAM SAUCE

1 hare, cleaned and split	1 cup Brown Stock (p. 144)
Fat salt pork for larding	1 cup heavy cream
8 slices carrot, cut in small pieces	Juice 1 lemon
$\frac{1}{2}$ small onion	2 tablespoons flour
2 tablespoons bacon fat	2 tablespoons butter
	Salt, pepper

Lard hind legs and back, season with salt and pepper. Cook carrot and onion in bacon fat 5 minutes. Add stock, and pour around hare in pan. Bake 45 minutes in hot oven (400° F.), basting often. Add cream and lemon juice. Cook 15 minutes longer and baste every 5 minutes. Remove to serving dish, strain sauce, thicken with butter and flour cooked together, season with salt and pepper, and pour it around hare.

RABBIT À LA SOUTHERN

2 rabbits, cut in pieces for serving	$\frac{1}{2}$ pound bacon, cut in pieces
3 pints cold water	1 cup milk
	Parsley

Add $1\frac{1}{2}$ tablespoons salt to cold water. Pour over rabbit and let stand 3 hours. Drain, wipe, sprinkle with salt and pepper, and roll in flour. Try out bacon; there should be $\frac{2}{3}$ cup fat. Put in heavy frying pan, add rabbit, cover, and cook slowly $1\frac{1}{2}$ hours, turning frequently. Pour over milk and cook 30 minutes. Remove to serving dish and garnish with parsley.

BROILED VENISON STEAK

Wipe steak, sprinkle with salt and pepper and brush generously with melted butter. Place on greased broiler and broil in hot oven 5 minutes or according to thickness. Venison should be cooked rare, but well-browned on the surface. Remove to hot platter and pour over Maitre d'Hôtel Butter (p. 204) or Chestnut Sauce (p. 196) seasoned with 3 tablespoons Madeira wine.

VENISON CUTLETS WITH APPLES

1 slice venison, $\frac{1}{2}$ inch thick	Salt and pepper
4 apples	Butter
Powdered sugar	12 candied cherries
$\frac{1}{8}$ cup port wine	

Wipe, core, and cut apples in $\frac{1}{4}$ -inch slices. Sprinkle with powdered sugar, add wine, cover, and let stand 30 minutes. Drain (reserving wine) and sauté in butter. Cut venison in cutlets, sprinkle with salt and pepper, cook 3 or 4 minutes in lightly greased pan. Remove from pan. Melt 3 tablespoons butter in pan, add wine drained from apples and cherries. Reheat cutlets in sauce and serve with apples.

VENISON CUTLETS

Clean and trim slices of venison cut from loin. Sprinkle with salt and pepper, brush over with melted butter or olive oil, and roll in soft stale bread crumbs. Place in broiler and broil 5 minutes or sauté in butter. Serve with Currant Jelly Sauce (p. 196) seasoned with Port or Madeira wine.

ROAST LEG OF VENISON

Prepare and cook like Roast Lamb (p. 286), allowing less time that it may be cooked rare.

SADDLE OF VENISON

Clean and lard a saddle of venison. Cook like Saddle of Lamb or Mutton (p. 287). Serve with Currant Jelly Sauce (p. 196).

MADE-OVER DISHES USING POULTRY AND GAME

CREAMED CHICKEN

2 cups cooked chicken, diced or cut in strips	2 cups White Sauce (p. 191) $\frac{1}{8}$ teaspoon celery salt
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Heat chicken in sauce, seasoned with celery salt. Let stand in double boiler 30 minutes. If desired, add $\frac{1}{4}$ cup mushroom caps sautéed in butter. 1 cup cooked celery thinly sliced may be substituted for 1 cup chicken. Serves 6 or more.

If desired, serve in border of Duchess Potatoes (p. 432), in Mashed Potato Baskets (p. 403), Croustâdes (p. 403), Patty Shells (p. 619), or on toast.

CHICKEN AND OYSTERS À LA METROPOLE

2 cups White Sauce (p. 191)	1 pint oysters, cleaned and drained
2 cups cooked chicken, diced	$\frac{1}{3}$ cup finely chopped celery

Add chicken and oysters to sauce. Cook until oysters are plump. Serve sprinkled with celery.

LUNCHEON CHICKEN

1 $\frac{1}{2}$ cups cooked chicken, diced	Onion salt
Velouté Sauce (p. 194)	$\frac{2}{3}$ cup buttered cracker crumbs
	4 eggs

Season sauce with onion salt. Add chicken. Turn on slightly buttered baking platter and sprinkle with cracker crumbs. Make 4 nests and in each nest slip an egg; cover eggs with crumbs and bake in moderate oven (350° F.) until egg whites are firm.

BLANQUETTE OF CHICKEN

2 cups cooked chicken, cut in strips	1 tablespoon finely chopped parsley
1 cup White Sauce (p. 191)	2 egg yolks, slightly beaten
	2 tablespoons milk

Add chicken to sauce; when well heated, add egg yolks diluted with milk. Cook 2 minutes, then add parsley.

CHICKEN À LA CADILLAC

$\frac{3}{4}$ cup cooked chicken, diced
1 cup White Sauce (p. 191)

$\frac{1}{4}$ cup cooked ham, diced
Cooked asparagus stalks

Heat chicken and ham in sauce. Put in individual casserole dishes. Arrange short stalks of hot, buttered asparagus on each dish. Serves 4.

DEVILED BONES

2 tablespoons butter
1 tablespoon Chili Sauce
1 tablespoon Worcestershire Sauce
1 tablespoon Walnut Catsup
1 teaspoon made mustard
Few grains cayenne

Drumsticks, second joints, and
wings of a cooked chicken
Salt and pepper
Flour
1 cup Chicken Stock (p. 151)
Finely chopped parsley

Melt butter and add Chili Sauce, Worcestershire Sauce, Walnut Catsup, mustard, and cayenne. Cut 4 small gashes in each piece of chicken. Sprinkle with salt and pepper, dredge with flour, and cook in seasoned butter until well browned. Pour on stock, simmer 5 minutes, and sprinkle with chopped parsley.

SCALLOPED CHICKEN I

Butter a baking dish. Arrange alternate layers of sliced, cooked chicken and boiled macaroni or rice. Pour over White (p. 191), Brown (p. 196), or Tomato (p. 198) Sauce, cover with buttered crumbs, and bake in hot oven (400° F.) until crumbs are brown.

SCALLOPED CHICKEN II

Prepare and cook like Scalloped Eggs (p. 363).

CHICKEN AND NOODLES

$\frac{1}{2}$ pound broad egg noodles
 $\frac{1}{4}$ pound grated Parmesan cheese
Salt and pepper
2 cups cooked chicken meat
2 egg yolks

2 tablespoons butter
2 tablespoons flour
1 cup cream
1 cup Chicken Stock (p. 151)

Cook noodles in boiling salted water 15 minutes. Drain, rinse with cold water, and drain again. Reserve 2 tablespoons cheese and mix the rest with noodles. Add salt and pepper to taste.

Arrange in buttered baking dish, cover with chicken. Melt butter, add flour, and cook until well blended; then add cream and chicken stock and bring to boiling point; add egg yolks and pour over chicken. Sprinkle with cheese and bake until thoroughly heated and well browned.

CHICKEN HASH

Chop cooked chicken and moisten with gravy or cream. Season to taste and cook in hot buttered omelet pan until thoroughly heated. Turn out onto serving dish and surround with border of Duchess Potatoes (p. 432), peas, or asparagus tips, etc.

MOCK TERRAPIN

1½ cups cooked chicken, diced	Whites 2 hard-cooked eggs, chopped
1 cup Thin White Sauce (p. 192)	Yolks 2 hard-cooked eggs, finely
Few grains cayenne	chopped
¼ teaspoon salt	3 tablespoons sherry

Add to sauce the chicken, yolks and whites of eggs, salt, and cayenne; cook 2 minutes and add sherry. Serves 6.

CHICKEN SOUFFLÉ

2 cups Thin White Sauce (p. 192)	3 egg yolks, well beaten
2 cups cooked chicken, finely	1 tablespoon finely chopped parsley
chopped	3 egg whites, beaten stiff
½ cup stale soft bread crumbs	

Add bread crumbs to sauce and cook 2 minutes; remove from fire, add chicken, egg yolks, and parsley, then fold in egg whites. Turn into a buttered baking dish and bake 35 minutes in slow oven (325° F.).

CHICKEN HOLLANDAISE

1½ tablespoons butter	⅓ cup finely chopped celery
1 teaspoon finely chopped onion	¼ teaspoon salt
2 tablespoons cornstarch	Few grains paprika
1 cup Chicken Stock (p. 151)	1 cup cooked chicken, cubed
1 teaspoon lemon juice	1 egg yolk, slightly beaten

Cook butter and onion 5 minutes, add cornstarch and stock gradually. Add lemon juice, celery, salt, paprika, and chicken; when well heated, add egg yolk and cook 1 minute. Serves 4.

CHICKEN CHARTREUSE

Prepare and cook like Casserole of Rice and Lamb (p. 292), using chicken in place of lamb. Season chicken with salt, pepper, celery salt, onion juice, and $\frac{1}{2}$ teaspoon finely chopped parsley.

CHICKEN OR TURKEY CAKES

1 cup chopped, cooked chicken or turkey	$\frac{1}{4}$ teaspoon salt Few grains pepper
1 tablespoon cream	1 cup White Sauce (p. 191)
1 egg, slightly beaten	$\frac{1}{3}$ cup celery, finely cut

Add cream, egg, salt, and pepper to chicken. Shape in small flat cakes, dip in egg and crumbs, and sauté in butter until well browned on both sides. Add celery to sauce and pour over cakes just before serving. Serves 4.

SCALLOPED TURKEY

1 $\frac{1}{2}$ cups cooked turkey, cut in small pieces	Seasoned cracker crumbs Buttered cracker crumbs
1 cup turkey gravy	

Sprinkle bottom of buttered baking dish with seasoned cracker crumbs, add turkey meat, pour on sauce, and sprinkle with buttered cracker crumbs. Bake in hot oven (400° F.) until crumbs are brown. Turkey, chicken, or veal may be used separately or in combination. Serves 4 to 6.

MINCED TURKEY

1 cup cooked turkey, diced Onion juice	$\frac{1}{3}$ cup soft, stale bread crumbs 1 cup turkey gravy
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Season gravy with onion juice. Add turkey and crumbs. Heat. Serve on toast and garnish with toast points. Serves 4.

CHICKEN TAMALES

Line large or individual baking dishes with cooked corn meal. Lay in slices of cooked chicken. Mix stewed fresh or canned tomatoes with fresh or canned corn, season highly with minced onion, chile peppers, salt and pepper and pour over chicken. Cover with corn meal mush. Sprinkle with minced bacon or grated cheese. Bake in moderate oven (350° F.) until brown.

TURKEY TETRAZZINI

1 cup White Sauce (p. 191), made with cream	½ cup mushroom caps, sliced and sautéed in butter
1 cup cooked turkey, cut in thin strips	⅓ cup grated Parmesan cheese
½ cup cooked spaghetti, cut in ½-inch pieces	¾ cup buttered cracker crumbs

Season sauce with celery salt. Bring to boiling point and add turkey, spaghetti, and mushrooms. Fill buttered ramekin dishes with mixture, sprinkle with cheese and crumbs, and bake in hot oven (425° F.) until crumbs are brown. Serves 6.

SALMI OF DUCK

Cut cold roast duck in pieces for serving. Reheat in Spanish Sauce (p. 198).

CHAPTER 26

EGGS

Wash all eggs just before using.

Strictly Fresh Eggs (sold within a week) are best for poaching, boiling, eggnog, etc.

Fresh Eggs (never stored) are satisfactory for omelets, scrambling, egg whites to be beaten stiff, and meringues, etc.

Storage Eggs (preserved at low temperature, packed in sawdust, or put down in water glass), if properly cared for after taking out of storage, are satisfactory for most cooking purposes.

To Store Eggs. Store in refrigerator. Take out into room temperature long enough before using to remove the chill.

To Put Down in Water Glass. Use strictly fresh eggs bought from a reliable source during May, June, and July, when eggs are plentiful and cheap. Wipe off with clean flannel cloth but do not wash. Place upright, small end down, in a large stone crock. Use 1 pound water glass or liquid sodium silicate to 10 quarts of cooled boiled water and pour over eggs.

To Test Eggs for Freshness. Hold in front of candle flame in dark room; if egg is fresh, center will look clear. Place in basin of cold water; if egg is fresh, it will sink. A fresh egg has a rough shell.

BOILED EGGS I

Have ready a saucepan containing boiling water deep enough to cover completely the number of eggs to be cooked. Slip each egg carefully into water with tablespoon. Place over low heat or over hot water so that water surrounding eggs will not boil. If thermometer is used, keep water at 175° to 185° F. Cook 5 to 8 minutes for soft-cooked eggs, 30 to 45 minutes for hard-cooked eggs.

BOILED EGGS II

Place eggs in pan containing cold water to cover. Bring gradually to boiling point, reduce heat, keeping water just below boiling point, and cook 3 minutes for soft-cooked eggs, 15 minutes for hard-cooked eggs.

HARD-COOKED EGGS FOR GARNISHING

Plunge hard-cooked eggs (Method I or II) into cold water as soon as cooked, to prevent, if possible, discoloration of yolks.

CODDLED EGGS

Let eggs stand in warm room long enough to lose chill. Put into pan filled with boiling water, cover closely, and remove from heat. Let stand 4 to 8 minutes, according to individual preference.

CREAMED EGGS

4 hard-cooked eggs	Paprika
1½ cups White Sauce	Toast
or Cream Sauce (p. 191)	

Cut eggs in slices, quarters or eighths. Reheat in sauce. Season. Pour over toast. Vary by adding chopped meat, etc. Serves 4 to 6.

With Pimientos. Add ¼ cup pimientos, finely cut.

With Asparagus Tips or Peas. Chop eggs fine. Add 1 cup asparagus tips or peas.

Scotch Woodcock. Chop eggs fine. Season with anchovy paste or sauce.

À la Sidney. Use Soubise Sauce (p. 195).

Curried Eggs I. Use Curry Sauce (p. 192). Season highly.

Curried Eggs II. Use Curry Sauce (p. 192) in place of White Sauce. Add ½ cup cooked rice with chopped egg whites.

CREAMED EGGS WITH SARDINES

4 tablespoons butter	½ box sardines
¼ cup soft, stale bread crumbs	½ teaspoon salt
1 cup thin cream or top milk	¼ teaspoon paprika
2 hard-cooked eggs, finely chopped	⅛ teaspoon pepper

Melt butter, add bread crumbs and cream, and bring to boiling point. Add eggs, sardines freed from skin and bones, and seasonings. Bring to boiling point again and serve at once.

EGGS À LA GOLDENROD

3 hard-cooked eggs	Toast
1 cup Thin White Sauce (p. 192)	Parsley

Cut 4 slices of toast in halves lengthwise. Separate yolks from whites of eggs. Chop whites fine, add to sauce, and pour over toast. Force yolks through a potato ricer or strainer. Sprinkle over top. Garnish with parsley. Serves 4.

SCALLOPED EGGS

4 hard-cooked eggs	$\frac{3}{4}$ cup chopped cooked ham,
2 cups White Sauce (p. 191)	chicken, veal, or fish
$\frac{3}{4}$ cup buttered cracker crumbs	

Chop eggs fine. Sprinkle bottom of a buttered baking dish with crumbs, cover with half the eggs; cover eggs with sauce and sauce with meat; repeat. Cover with remaining crumbs. Bake in moderately hot oven (375° F.) until crumbs are brown. Serves 6.

LUCANIAN EGGS

4 hard-cooked eggs	1 $\frac{1}{3}$ cups White Sauce (p. 191)
1 cup cooked macaroni	Salt and paprika
$\frac{1}{2}$ cup grated cheese	Onion juice
Anchovy paste	$\frac{3}{4}$ cup buttered crumbs

Cut eggs in eighths, add macaroni, White Sauce, and seasonings. Arrange in buttered baking dish, cover with buttered crumbs, and bake in moderate oven (350° F.) until crumbs are brown. Serves 6.

EGGS HUNTINGTON

4 hard-cooked eggs	$\frac{1}{3}$ cup milk
1 tablespoon butter	$\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ tablespoons flour	Few grains cayenne
$\frac{1}{3}$ cup White Stock (p. 150)	Grated cheese
$\frac{3}{4}$ cup buttered cracker crumbs	

Make sauce of butter, flour, stock, and milk; add eggs chopped fine, salt, and cayenne. Fill buttered ramekin dishes with mixture, sprinkle with grated cheese, cover with cracker crumbs, and bake in moderate oven (350° F.) until brown. Fills 6 ramekins.

STUFFED EGGS

Cut hard-cooked eggs in halves, crosswise. Remove yolks and put whites aside in pairs. Mash yolks, moisten with melted butter or Mayonnaise. Season to taste with salt, pepper, lemon juice, mustard, and cayenne. Shape and refill whites.

Anchovy Stuffed Eggs. Season with anchovy paste to taste. Omit mustard.

Deviled Eggs. Season highly and add 1 teaspoon grated cheese for each egg.

With Chicken or Veal. To mashed yolks, add equal amount of cold cooked chicken or veal, finely chopped.

In Aspic (p. 426).

Hot Stuffed Eggs. Pour over Thin White Sauce (p. 192) or Cheese Sauce (p. 192), etc. and reheat. If desired, arrange eggs in baking dish, pour over sauce, sprinkle with grated cheese, and bake until cheese melts. Minced ham or chopped mushrooms may be mixed with egg yolks in stuffing eggs.

EGGS FARCI (WITH CHICKEN LIVERS)

2 chicken livers	4 hard-cooked eggs
$\frac{1}{2}$ teaspoon onion juice	1 teaspoon chopped parsley
2 tablespoons butter	Tabasco Sauce to taste
Salt, pepper	$\frac{1}{4}$ cup grated cheese

Clean and chop livers, sprinkle with onion juice, and sauté in butter. Add egg yolks rubbed through sieve, parsley, and salt, pepper, and Tabasco Sauce to taste. Refill whites with mixture, cover with grated cheese, and bake until cheese melts. Serve in toast rings and pour around Tomato Purée (p. 191).

POACHED EGGS

Have ready a frying pan $\frac{2}{3}$ full of boiling salted water, allowing $\frac{1}{2}$ tablespoon salt to 1 quart of water. Put 2 or 3 buttered muffin rings in the water. Break each egg separately into saucer and carefully slip into a muffin ring. The water should cover the eggs. Do not allow water to boil after putting in eggs. When there is a film over the top and white is firm, carefully remove with buttered skimmer to circular pieces of buttered toast. Let each person

season his own egg with butter, salt, and pepper. An egg poacher may be used instead of muffin rings. If desired, serve with Tomato Sauce (p. 198) or Béarnaise Sauce (p. 202).

FRENCH POACHED EGGS

Put 3 pints boiling water in deep saucepan and add 1 tablespoon vinegar and $\frac{1}{2}$ tablespoon salt. Stir vigorously around and around edge of saucepan (using wooden spoon held in nearly upright position) while water is boiling vigorously.

As soon as well is formed in middle of water, slip in an egg. Lower heat until white is set. Take out with a skimmer and trim to shape evenly. Repeat until the desired number of eggs is prepared.

POACHED EGGS À LA REINE

Place circular pieces of toast in baking dish. Cover with sliced fresh mushrooms sautéed in butter and moistened with cream. Poach eggs and arrange on mushrooms. Pour over all Thin White Sauce (p. 192) to which grated Parmesan cheese has been added. Sprinkle with grated cheese and put in oven to brown (375° F.).

EGGS À LA BENEDICT

Split and toast English muffins. Sauté circular pieces of cold boiled ham. Place on muffins. Arrange on each a poached egg. Pour around Hollandaise (p. 201), diluted with cream to pour easily.

EGGS À LA LEE

Cover circular pieces of toast with thin slices of cold boiled ham. Arrange on each a poached egg. Pour around Mushroom Purée (p. 200).

EGGS À LA COMMODORE

Cut slices of bread in circular pieces and sauté in butter. Spread with pâté de foie gras, place a poached egg on each, and pour over Brown Sauce (p. 196) or Béchamel Sauce (p. 193) seasoned with a few drops of vinegar. If desired, garnish with chopped truffles.

EGGS, WALDORF STYLE

Arrange poached eggs on circular pieces of buttered toast, surround with Brown Mushroom Sauce (p. 196), and place broiled mushroom cap on each egg.

EGGS À LA VICTORIA

Sauté circular slices of bread in butter until delicately browned. On each round of bread place a sautéed chicken liver, over liver a French poached egg, and over all pour Tomato Sauce (p. 198). Sprinkle with finely cut chives.

WINDSOR EGGS

Arrange poached eggs on circular pieces of buttered toast, sprinkle with sautéed chopped mushroom caps, pour around Sauce Allemande (p. 195), and sprinkle with finely chopped parsley.

EGGS MOLET CHASSEUR

1 shallot	$\frac{1}{8}$ teaspoon salt
1 tablespoon butter	Pepper, cayenne
3 mushroom caps	4 French poached eggs
$\frac{1}{4}$ cup Chicken Stock (p. 151)	2 tablespoons cream
1 tablespoon sherry	1 tablespoon grated Parmesan cheese

Chop shallot fine and cook in butter, stirring constantly 3 minutes. Add mushroom caps, peeled and chopped, and cook 5 minutes. Add stock, sherry, salt, pepper, and cayenne to taste. Bring to boiling point and simmer 10 minutes. Turn into shallow, buttered baking dish and place on sauce French poached eggs. Pour over cream, sprinkle with cheese, and let stand in oven until cheese has melted. Serves 4.

EGGS AU GRATIN

Arrange Poached Eggs in shallow, buttered baking dish. Sprinkle with grated Parmesan cheese. Pour over Yellow Béchamel (p. 194), Tomato (p. 198) or White Sauce (p. 191). Sprinkle with grated cheese. Brown in oven.

EGGS À LA SUISSE

4 eggs	Salt
½ cup cream	Pepper
1 tablespoon butter	Cayenne
2 tablespoons grated cheese or crumbs of Roquefort	

Melt butter in small omelet pan, add cream. Slip in eggs one at a time, sprinkle with salt, pepper, and a few grains of cayenne. Cook until whites are nearly firm. Sprinkle with cheese. Finish cooking and serve on buttered toast. Strain cream over toast.

Eggs Poached in White Wine. Use dry white wine in place of cream. Use cheese or not.

Sherried Eggs. Season cream with sherry to taste.

BAKED OR SHIRRED EGGS

Butter an egg shirrer or individual baking dish. Cover bottom and sides with fine cracker crumbs. Break an egg into a cup and carefully slip into shirrer. Cover with seasoned buttered crumbs, arrange shirrers on tin plate or cooky sheet, and bake in moderate oven (350° F.) until white is firm and crumbs brown.

SHIRRED EGGS, FRENCH STYLE

Put 1 tablespoon melted butter in egg shirrer or individual baking dish. Break egg into cup and carefully slip into dish. Cook on top of stove over *very* low heat until white is set. Serve in dish.

EGGS MORNAY

Break eggs and slip into buttered egg shirrers, allowing 1 or 2 eggs to each shirrer, according to size. Cover with White Sauce (p. 191), seasoned with ⅓ cup grated cheese, paprika, and 2 egg yolks; cover with grated cheese and bake until firm.

EGGS BAKED IN TOMATOES

Cut slice from stem end of tomato, scoop out pulp, slip in an egg, sprinkle with salt and pepper, cover with buttered crumbs, and bake in moderate oven (350° F.).

EGGS BAKED IN CREAM

1 egg	2 tablespoons fine, dry
1½ tablespoons thick cream	bread crumbs
¼ teaspoon salt	

Mix cream, bread crumbs, and salt. Put ½ tablespoon of mixture in egg shirrer or individual baking dish. Slip in egg and cover with remaining mixture. Bake 6 minutes in moderate oven (350° F.).

FLORENTINE EGGS IN CASSEROLES

Cooked spinach, finely chopped	Eggs
Butter	Béchamel Sauce (p. 193) or thick
Grated Parmesan cheese	cream
	Salt

Season spinach with butter and salt. Put 1 tablespoon spinach in each buttered individual casserole, sprinkle with 1 tablespoon grated Parmesan cheese, and slip into each an egg. Cover each egg with 1 tablespoon Béchamel Sauce and ½ tablespoon grated Parmesan cheese. Bake in moderate oven until eggs are set. Serve immediately.

SHIRRED EGGS WITH SAUSAGES

6 small pork sausages in ½-inch pieces	1 teaspoon finely
1 teaspoon melted butter	chopped parsley
1 cup Tomato Sauce (p. 198) or canned tomato soup	6 eggs

Cook sausage with butter 6 minutes. Add sauce and parsley. Put mixture in buttered shirred egg dishes, break 1 or 2 eggs in each dish, and bake in moderate oven (350° F.) until eggs are set.

SCRAMBLED EGGS, COUNTRY STYLE

Heat omelet pan, put in 2 tablespoons butter, and when melted turn in 4 unbeaten eggs. Cook until white is partially set, then stir and cook until whites are thoroughly set. Season with salt and pepper.

SCRAMBLED EGGS

5 eggs, slightly beaten	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup milk or cream	$\frac{1}{8}$ teaspoon pepper
2 tablespoons butter	

Add salt, pepper, and milk to eggs. Heat omelet pan, put in butter, and when melted turn in mixture. Cook over slow heat until of creamy consistency, constantly stirring and scraping from bottom and sides of pan. Do not overcook. Ham or bacon fat may be used in place of butter. Sour cream is delicious in place of milk. Scrambled eggs may be cooked in a double boiler. Serves 4.

With Anchovy Toast. Serve on thin slices of buttered toast spread with anchovy paste.

À la Turk. Pour over 6 slices of toast. Put 1 tablespoon Tomato Purée (p. 191) on each piece, and in the center of purée, $\frac{1}{2}$ tablespoon chicken liver sautéed in bacon fat.

À la Buckingham. Pour scrambled eggs, slightly underdone, over 5 slices Milk Toast (p. 65), sprinkle with 4 tablespoons grated, mild cheese. Put in oven to melt cheese and finish cooking eggs.

New York Style. Cook 1 cup Julienne-shaped pieces of uncooked ham (1 thin slice) with 2 tablespoons chopped onion and $1\frac{1}{2}$ tablespoons butter. After 5 minutes, add 5 mushroom caps, peeled and sliced, and cook 5 minutes longer. Serve as border around eggs. Garnish with parsley.

SCRAMBLED EGGS WITH TOMATOES

1 small slice onion	1 teaspoon sugar
2 tablespoons butter	$\frac{1}{2}$ teaspoon salt
1 cup tomatoes	Few grains pepper
4 eggs, slightly beaten	

Cook onion in butter 5 minutes. Add tomatoes, sugar, salt, and pepper. Cook 5 minutes. Add eggs. Cook as above. Serves 4.

SCRAMBLED EGGS À LA CREOLE

3 tablespoons butter	1 tablespoon capers
1 tablespoon chopped onion	$\frac{1}{4}$ teaspoon salt
$1\frac{3}{4}$ cups tomatoes, drained	Few grains cayenne
1 tablespoon sliced mushrooms	5 eggs, slightly beaten

Cook onion in butter 3 minutes. Add tomatoes and cook 8 minutes. Add other ingredients and cook as above. Serves 6.

SCRAMBLED EGGS WITH MUSHROOMS

1½ cups mushrooms, cleaned and broken in pieces	¼ teaspoon salt
4 tablespoons butter	Few grains cayenne
Flour for dredging	4 eggs, slightly beaten
Few drops onion juice	½ teaspoon salt
	⅓ teaspoon pepper

Melt butter, add mushrooms dredged with flour, onion juice, salt and cayenne. Cook 8 minutes. Add eggs, salt, and pepper and cook like plain Scrambled Eggs.

EGGS À LA CARACAS

2 ounces dried beef	Few grains cinnamon
1 cup tomatoes	Few grains cayenne
¼ cup grated cheese	2 tablespoons butter
Few drops onion juice	3 eggs, well beaten

Pick over beef and chop fine, add tomatoes, cheese, onion juice, cinnamon, and cayenne. Melt butter, add mixture, and when heated, add eggs. Cook like plain Scrambled Eggs.

FRIED EGGS

Heat omelet pan. Put in 1 tablespoon butter or other cooking fat, such as lard, pork, ham, or bacon fat. When melted, slip in an egg, and cook until the white is firm. If desired, turn and cook the other side. Add more fat as needed, using just enough to keep egg from sticking. During cooking, pour fat over eggs with spoon.

Buttered Eggs à la Roberts. Fry 6 eggs in butter on one side only. Arrange on hot platter. Pour around Roberts Sauce (p. 196) and garnish with parsley.

Buttered Eggs with Tomatoes. Serve eggs fried in butter on sautéed tomato slices (p. 481).

EGGS AU BEURRE NOIR

Butter	Pepper
Salt	4 eggs
1 tablespoon vinegar	

Melt 1 tablespoon butter in hot omelet pan. Carefully slip in eggs, one at a time. Sprinkle with salt and pepper. Cook until whites are firm. Remove carefully to hot platter. In same pan brown 2 tablespoons butter, add vinegar, and pour over eggs.

FLUFFY EGG NEST (*Individual*)

1 egg	Salt, pepper
$\frac{1}{2}$ teaspoon butter	1 slice toast

Beat egg white until stiff with few grains salt. Arrange on toast. Make depression in center. Put in butter. Slip in egg yolk. Bake in moderately hot oven (375° F.) until set.

With Chicken or Ham. Spread toast with deviled ham or minced cooked chicken or ham or any left-over meat, well seasoned.

With Cheese. Fold 1 teaspoon grated cheese into egg white.

EGG SOUFFLÉ

2 tablespoons butter	1 cup scalded cream
2 tablespoons flour	4 eggs
1 cup scalded milk	1 teaspoon salt
Few grains cayenne	

Cream butter, add flour, and pour on gradually milk and cream. Cook in double boiler 5 minutes, add egg yolks, beaten until thick and lemon-colored. Remove from fire, add seasonings, fold in egg whites beaten until stiff. Turn into buttered dish or buttered individual molds, set in pan of hot water, and bake in slow oven (300° F.) 45 to 60 minutes or until firm. Serve from baking dish. Egg Soufflé may be served with Thin White Sauce (p. 192), highly seasoned with celery salt, paprika, and onion juice. Serves 4 to 6.

EGG TIMBALES

1 tablespoon butter	1 tablespoon chopped parsley
1 tablespoon flour	$\frac{1}{2}$ teaspoon salt
$\frac{2}{3}$ cup milk	$\frac{1}{8}$ teaspoon pepper
3 eggs	Few grains celery salt
Few grains cayenne	

Make sauce of butter, flour, and milk. Add yolks, beaten until thick and lemon-colored, and seasonings. Beat egg whites until stiff and cut and fold into first mixture. Turn into buttered molds, set in pan of hot water, and bake in moderate oven (350° F.) until firm (30 to 45 minutes). Turn out and serve with Tomato Cream Sauce (p. 199). Serves 4.

EGG CUSTARD *or* EGG CUSTARD RING

3 eggs, slightly beaten	$\frac{1}{8}$ teaspoon pepper
$\frac{3}{4}$ cup milk	Few grains cayenne
$\frac{1}{2}$ teaspoon salt	Few drops onion juice

Combine in order given. Strain into buttered timbale molds, set in pan of hot water, and bake in moderate oven (350° F.) until firm. Serve with Tomato Sauce (p. 198), etc. If desired, bake in ring mold and fill center with peas, creamed mushrooms or other suitable vegetable. Serves 4.

EGG AND PIMIENTO TIMBALES

Line well-buttered timbale molds with canned pimientos, fill with Egg Custard, cover with buttered paper, and bake like Egg Custard. Turn on circular pieces of toast and serve with Bread Sauce (p. 193).

EGGS À LA PARISIENNE

4 eggs	2 tablespoons cooked beets
1 teaspoon finely chopped truffles	4 slices toast
1 teaspoon finely chopped parsley	$\frac{1}{2}$ cup Italian Tomato Sauce I (p. 198)

Butter small timbale molds, sprinkle with truffles, parsley, and cooked beets. Break eggs, slip one into each mold, sprinkle with salt and pepper, set in pan of hot water, and cook until egg is firm. Remove from molds. Serve on toast, with Tomato Sauce. Serves 4.

EGG CUTLETS

2 tablespoons butter	$\frac{1}{2}$ teaspoon paprika
4 tablespoons bread flour	$\frac{3}{4}$ teaspoon finely grated onion
1 cup scalded milk	1 tablespoon finely chopped parsley
$\frac{1}{2}$ teaspoon salt	Few gratings nutmeg
	8 hard-cooked eggs

Melt butter, add flour. Stir until thoroughly blended. Pour milk on gradually and bring to boiling point. Cook over hot water 5 minutes, stirring constantly. Cut eggs in coarse pieces and add to sauce with remaining ingredients, cool, and shape in cutlets. Dip in flour, egg, and crumbs, fry, and drain (see Croquettes, p. 397). Make cut at small end of each cutlet and insert a 2-inch piece of macaroni. Serve with White (p. 191) or Béchamel Sauce (p. 193).

FRENCH OMELET

4 eggs	$\frac{1}{2}$ teaspoon salt
4 tablespoons milk or cream	$\frac{1}{8}$ teaspoon pepper
2 tablespoons butter	

Use a heavy pan of generous size. If used for omelets alone, it should not need washing each time. Wipe carefully with a dry cloth.

Beat eggs slightly, just enough to blend yolks and whites, add milk and seasonings. Put butter in hot omelet pan; when melted, turn in mixture; as it cooks, lift with spatula, letting uncooked part run underneath until whole is of creamy consistency. Increase heat that it may brown quickly underneath. Fold and turn on hot platter. Do not try to make too large an omelet: make two or more smaller ones instead. Serves 3 or 4.

See next page for special omelets.

To Vary. Spread with filling or sauce before folding. Pour sauce around omelet on platter. As filling, use any of the following:

Asparagus. Tender tips or short pieces, cooked and reheated in butter.

Cauliflower. Flowerets or small pieces, cooked and reheated in butter.

Peas. Cooked. Dressed with butter or cream.

Mushrooms. Creamed or sautéed.

Bacon. Diced and cooked.

Chicken. Cooked and chopped or creamed.

Ham. Chopped or cut in narrow strips.

Sausages. Cooked and sliced.

Lobster, Shrimps, or Crab Meat. Creamed, or heated a few minutes in butter.

Fish. Cooked and flaked. Creamed.

Jam, Jelly, or Marmalade.

Grated Cheese. 2 tablespoons in mixture or sprinkled on omelet before folding.

Parsley. Sauté $\frac{1}{2}$ to 3 teaspoons in butter before pouring in egg mixture.

Peppers. Sauté 2 tablespoons, cut fine, in butter before pouring in egg mixture.

Tomato. Spread $\frac{1}{2}$ cup pulp on omelet before folding.

Kidneys. Cooked and minced.

SPECIAL OMELETS

Omelet aux Fines Herbes. Add to egg mixture, $\frac{1}{2}$ teaspoon each, finely cut parsley, watercress, chives, and tarragon or chervil. Any of these alone, or any combination, makes a savory omelet.

Omelet with Croûtons. Sauté in butter, 1 cup stale bread cut in $\frac{1}{3}$ -inch cubes. Add to mixture.

Omelet Soubise. Turn on hot copper or oven-proof platter. Pour over Onion Sauce (p. 192). Sprinkle with 2 tablespoons Parmesan cheese. Bake in hot oven (425° F.) until cheese melts.

Omelet Boulestin. Make like Omelet Soubise, using Mushroom Sauce (p. 195).

Omelet Paysanne. Cut thinly sliced bacon in small squares to make $\frac{1}{2}$ cup. Fry until crisp and brown. Drain off fat and in it fry 1 cup $\frac{1}{4}$ -inch potato cubes until delicately brown, drain, and mix with bacon. Fold half in omelet and surround with remaining bacon and potato.

Spanish Omelet. Cook 1 tablespoon finely chopped onion and 1 tablespoon finely cut red or green pepper in 2 tablespoons butter, add $1\frac{1}{4}$ cups tomatoes, and cook until moisture is nearly evaporated. Add 1 tablespoon sliced mushrooms, 1 tablespoon capers, $\frac{1}{4}$ teaspoon salt, and a few grains cayenne pepper. Serve in fold and around omelet.

Oyster Crab Omelet. Wash and drain 1 cup crabs. Sauté in butter, add egg mixture and cook.

Oyster Omelet. Parboil 1 pint oysters, drain and cut in halves. Fold in omelet. Pour Cream Sauce around omelet.

PUFFY OMELET

4 eggs	Few grains pepper
$\frac{1}{2}$ teaspoon salt	4 tablespoons hot water
1 tablespoon butter	

Separate yolks from whites. To yolks add salt, pepper, and hot water; beat until thick and lemon-colored. Beat whites until stiff, cutting and folding them into first mixture until well blended. Heat omelet pan, butter sides and bottom. Turn in mixture, spread

evenly, place over heat where it will cook slowly, occasionally turning the pan to brown omelet evenly. When well "puffed" and delicately browned underneath, place pan on center grate of oven to finish cooking the top. The omelet is cooked if it is firm to the touch when pressed by the finger. If it clings to the finger like beaten white of egg, it needs longer cooking. Fold, turn on hot platter. Pour around $1\frac{1}{2}$ cups Thin White Sauce (p. 192) if desired or vary in any of the ways suggested under French Omelet.

Milk is sometimes used in place of hot water, but hot water makes a more tender omelet. A few grains baking powder are used by some cooks to hold up an omelet. Serves 4.

BREAD OMELET

4 eggs	$\frac{3}{4}$ teaspoon salt
$\frac{1}{2}$ cup milk	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ cup stale bread crumbs	1 tablespoon butter

Soak bread crumbs 15 minutes in milk, add beaten yolks and seasonings, fold in whites beaten until stiff. Cook like Puffy Omelet. Serves 4.

BAKED OMELET

1 cup White Sauce (p. 191)	4 eggs	2 tablespoons butter
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Cool white sauce, add yolks beaten until thick and lemon-colored. Fold in whites, beaten until stiff. Melt butter in omelet pan. Pour in egg mixture and bake in slow oven (325° F.). This omelet may be cooked like Puffy Omelet. Serves 4 to 6.

EGGS WITH SPINACH À LA MARTIN

1 cup chopped, cooked spinach	1 tablespoon green pepper
3 eggs, slightly beaten	cut in strips
3 tablespoons hot water	1 tablespoon cooked ham
$\frac{1}{3}$ teaspoon salt	cut in tiny pieces
1 tablespoon red pepper cut in strips	$1\frac{1}{2}$ tablespoons olive oil

Add water, salt, peppers, and ham to eggs. Heat omelet pan, put in olive oil, and pour in mixture. Cook like French Omelet. Serve on layer of spinach. Garnish with parsley. Serves 2.

SAVOYARDE OMELET

1 cup potato cubes	1 tablespoon chopped parsley
$\frac{3}{4}$ tablespoon butter	3 tablespoons grated cheese
$\frac{3}{4}$ teaspoon onion juice	2 tablespoons butter
$\frac{1}{4}$ teaspoon salt	5 eggs, unbeaten
Few grains pepper	$\frac{2}{3}$ cup cream
$\frac{1}{2}$ cup boiled leeks	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{8}$ teaspoon pepper

Wash potatoes and boil without paring until soft. Cool, pare, and cut in half-inch cubes. Put potato cubes with butter, onion juice, salt, and pepper in small frying pan and cook until potatoes are slightly browned. Cut white portion of leeks in thin slices crosswise, cook in boiling, salted water until soft, and drain. Put 2 tablespoons butter in omelet pan. When melted, pour in eggs, to which have been added cream, salt, and pepper. As mixture cooks, prick and pick up with fork. When about half done, add prepared potatoes, leeks, and parsley. Continue cooking until of creamy consistency. Add cheese, increase heat to brown omelet quickly underneath. Fold and turn on hot serving dish. Garnish with sprig of parsley. Serves 6.

JAPANESE LOBSTER OMELET

1 teaspoon butter	$\frac{1}{8}$ teaspoon sugar
1 small onion, thinly sliced	1 teaspoon Shoyu Sauce
1 stalk celery	$\frac{1}{3}$ cup lobster dice
2 tablespoons Chicken Stock (p. 151)	2 eggs

Cook butter and onion 5 minutes. Add celery, washed, scraped, and thinly sliced crosswise, stock, sugar, Shoyu Sauce, and lobster. Butter individual omelet pan, turn in $\frac{1}{2}$ mixture, add 1 egg, slightly beaten; spread evenly and cook until egg is set. Turn and fold like other omelets; repeat. This omelet serves two.

CHAPTER 27

RICE, MACARONI AND CHEESE

RICE WITH CHEESE

1 quart steamed rice (p. 64)	Butter
$\frac{1}{4}$ pound mild cheese	Milk
Cayenne	Buttered cracker crumbs

Cover bottom of buttered baking dish with rice, dot over with butter, sprinkle with thin shavings of cheese and few grains cayenne. Repeat until rice and cheese are used. Add milk to half depth of contents of dish. Cover with crumbs. Bake in moderate oven (350° F.) until cheese melts and crumbs are brown.

RICE À LA RISTON

1 $\frac{1}{2}$ cups steamed rice (p. 64)	$\frac{1}{2}$ medium-sized cabbage, finely chopped
2 slices bacon, finely chopped	$\frac{1}{2}$ teaspoon chopped parsley
	$\frac{1}{2}$ cup Veal or Chicken Stock (p. 150)

Cook cabbage with bacon 30 minutes over slow heat. Add other ingredients, salt and pepper to taste, and cook 15 minutes. Serves 4.

TURKISH PILAF I

$\frac{1}{2}$ cup rice, washed and drained	1 $\frac{3}{4}$ cups tomato pulp
1 cup boiling water, hot tomato juice <i>or</i> highly seasoned Brown Stock (p. 144)	2 tablespoons butter

Cook rice in butter until brown, add water, and steam until water is absorbed. Add tomato pulp, cook until rice is soft, and season with salt and pepper to taste. Serves 4 to 6.

Turkish Pilaf II. Heat tomato and stock to boiling point. Strain, add rice and steam until tender. Stir in butter with fork. Season. Keep uncovered that steam may escape.

BAKED RICE

Put 1 quart cooked rice in buttered baking dish. Beat 2 eggs slightly with 2 cups milk, season highly and pour over rice. Dot with butter, sprinkle with paprika, salt and pepper and bake until brown.

CHICKEN PILAF

$\frac{1}{3}$ cup washed rice	$\frac{1}{2}$ cup cold cooked chicken cut in dice
3 tablespoons butter	Veal or Chicken Stock (p. 150) highly
$\frac{1}{2}$ cup canned tomatoes	seasoned
	Salt and cayenne

Cook rice in boiling salted water, drain, and pour over hot water to rinse thoroughly. Melt butter in omelet pan and add rice. Cook 3 minutes. Add tomatoes, chicken, and enough stock to moisten. Cook 5 minutes and season highly with salt and cayenne. Add more butter if desired. Serves 4.

Russian Pilaf. Use lamb in place of chicken, and add a chicken liver sautéed in butter, then separated into small pieces.

RICE AND PECAN LOAF

1 cup hot boiled rice	1 egg, well beaten
1 cup pecan nut meats, finely chopped	1 cup milk
1 cup cracker crumbs	$1\frac{1}{2}$ teaspoons salt
1 tablespoon melted butter	$\frac{1}{2}$ teaspoon pepper

Combine ingredients, except butter, in order given. Turn into buttered small bread pan. Pour over butter, cover, and bake one hour in a moderate oven (350° F.). Serve with Onion Sauce (p. 192). Serves 6.

**PARCHED RICE WITH TOMATO SAUCE
AND CHEESE**

3 cups cooked rice	1 cup Tomato Sauce (p. 198)
2 tablespoons butter	$\frac{1}{2}$ cup grated cheese

Melt butter in heavy frying pan, add rice. Cook until rice is slightly brown, stirring lightly with fork. Put into hot serving dish, pour over Tomato Sauce, and sprinkle with cheese, lifting rice with fork, that sauce and cheese may coat each kernel. Serves 6.

RICE CROQUETTES

$\frac{1}{2}$ cup rice	1 teaspoon salt
$\frac{1}{2}$ cup boiling water	2 egg yolks
1 cup scalded milk	1 tablespoon butter

Wash rice, add to water with salt, cover, and steam until rice has absorbed water. Then add milk, stir lightly with a fork, cover, and steam until rice is soft. Remove from fire, add egg yolks and butter; spread on shallow plate to cool. Shape, egg and crumb, fry, and drain (see Croquettes, p. 397). Makes 6 or more croquettes.

Rice and Pimiento Croquettes, Cheese Sauce. Add 2 tablespoons chopped, canned pimiento to mixture. Egg yolks may be omitted. Shape in cylinders. Serve with Cheese Sauce (p. 192).

Rice with Jelly. Shape in balls, roll in crumbs, then shape in nests. Egg and crumb, fry, and drain (see Croquettes, p. 397). Put a cube of jelly in each croquette.

Savory Rice Croquettes. Add to mixture 1 tablespoon tomato catsup and $\frac{1}{4}$ teaspoon paprika.

Sweet Rice Croquettes. Add to mixture 2 tablespoons powdered sugar and grated rind $\frac{1}{2}$ lemon. Shape in cylinders.

RICE AND TOMATO CROQUETTES

$\frac{1}{2}$ cup rice	2 cloves
$\frac{3}{4}$ cup Brown Stock (p. 144)	$\frac{1}{4}$ teaspoon peppercorns
2 cups canned tomatoes	1 teaspoon sugar
1 slice onion	1 egg, slightly beaten
1 sliced carrot	$\frac{1}{4}$ cup grated cheese
1 sprig parsley	1 tablespoon butter
1 sprig thyme	$\frac{1}{2}$ teaspoon salt

Few grains cayenne

Wash rice and steam in stock until rice has absorbed stock. Cook tomatoes 20 minutes, with onion, carrot, parsley, thyme, cloves, peppercorns, and sugar. Rub through a strainer, add to rice, and cook until rice is soft. Remove from fire, add egg, cheese, butter, and cayenne. Spread on plate to cool. Shape in cylinder forms, egg and crumb, fry, and drain (see Croquettes, p. 397). Makes 6 or more croquettes.

HOMINY CROQUETTES

$\frac{1}{4}$ cup fine hominy	$\frac{3}{4}$ cup scalded milk
$\frac{1}{2}$ cup boiling water	2 tablespoons butter
$\frac{1}{2}$ teaspoon salt	

Steam hominy with water until water is absorbed. Add milk and steam until tender. Add butter and salt. Cool, shape, dip in flour, egg, and crumbs, fry, and drain (see Croquettes, p. 397).

Hominy and Horse-radish Croquettes. Add $3\frac{1}{2}$ teaspoons grated horse-radish root to mixture.

BAKED HOMINY, SOUTHERN STYLE

$\frac{3}{4}$ cup fine hominy	$\frac{1}{4}$ cup butter
1 teaspoon salt	1 tablespoon sugar
1 cup boiling water	1 egg, slightly beaten
2 cups milk	

Mix water and salt and add hominy gradually, while stirring constantly. Bring to boiling point and boil 2 minutes. Cook in double boiler until water is absorbed. Add 1 cup milk, stirring thoroughly, and cook 1 hour. Remove from range and add butter, sugar, egg, and remaining milk. Turn into buttered dish and bake 1 hour in slow oven (325° F.). Serves 6.

BOILED MACARONI

$\frac{3}{4}$ cup macaroni broken in inch pieces	2 quarts boiling water 1 tablespoon salt
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Cook macaroni in boiling salted water 20 minutes or until soft; drain in strainer, pour over it cold water to rinse thoroughly. Add more salt, if needed. Reheat with $\frac{1}{2}$ cup cream or in White Sauce (p. 191).

Baked Macaroni. Mix with White Sauce, arrange in buttered baking dish, cover with buttered crumbs, and bake in hot oven (400° F.) until crumbs are brown.

Baked Macaroni with Cheese. Put a layer in buttered baking dish, sprinkle with grated cheese; repeat, pour over White Sauce (p. 191), cover with buttered crumbs, and bake in moderately hot oven (375° F.) until crumbs are brown.

With Tomato Sauce. Reheat in Tomato Sauce (p. 198). Sprinkle with grated cheese. Or prepare like Baked Macaroni, using Tomato Sauce in place of White Sauce.

Italian Style. Reheat in 2 cups Cheese Sauce (p. 192). Sprinkle with $\frac{1}{4}$ cup finely chopped cold boiled ham and paprika.

À la Milanaise. Add 6 mushrooms and 2 slices cooked smoked tongue, cut in strips. Reheat in Italian Tomato Sauce (p. 198) to which has been added $\frac{1}{2}$ cup grated cheese.

Virginia Style. Put half the macaroni in buttered baking dish, dot over with $\frac{1}{2}$ tablespoon butter, and sprinkle with $\frac{1}{2}$ teaspoon mustard and $\frac{1}{4}$ cup grated cheese; repeat, pour over White Sauce, cover with 3 tablespoons buttered crumbs, and bake in hot oven (400° F.) until crumbs are brown.

Baked Macaroni with Chipped Beef. Cover $\frac{1}{4}$ pound dried beef (sliced thin and separated into pieces) with hot water, let stand 10 minutes and drain. Arrange in buttered baking dish alternate layers of macaroni and dried beef, having two of each. Pour over 2 cups White Sauce, cover with crumbs, and bake in hot oven (400° F.) until crumbs are brown.

MACARONI À L'ITALIENNE

$\frac{3}{4}$ cup macaroni	1 $\frac{1}{2}$ cups Italian Tomato Sauce (p. 198)
2 quarts boiling salted water	$\frac{1}{2}$ cup grated cheese
$\frac{1}{2}$ onion	$\frac{1}{2}$ tablespoon butter
	2 cloves

Cook macaroni in boiling salted water, with butter and onion stuck with cloves; drain, remove onion, reheat in Tomato Sauce, and add cheese. Serves 4.

MACARONI MOUSSE

1 $\frac{1}{2}$ cups scalded milk	1 sweet green pepper, chopped
$\frac{1}{4}$ cup melted butter	fine
3 eggs, well beaten	1 tablespoon chopped onion
1 pimiento chopped fine	$\frac{1}{2}$ tablespoon salt
1 cup cooked elbow macaroni	1 cup soft bread crumbs
	$\frac{1}{2}$ cup mild cheese, cut fine

Combine ingredients in order given, reserving $\frac{1}{2}$ cup crumbs. Sprinkle top with reserved crumbs. Bake 40 minutes in pan of hot

water in moderate oven (350° F.). Add $\frac{1}{2}$ cup mushrooms, cut in pieces, if desired. Serves 6.

Macaroni Ring. Bake in ring mold. Turn on platter and fill center with Creamed Mushrooms (p. 467.)

BOILED SPAGHETTI

Take $\frac{1}{4}$ pound spaghetti in hand and dip ends in boiling, salted water. As spaghetti softens it will bend easily, when it may be coiled under the boiling water. Boil 20 minutes or until soft. Drain in a colander and pour over 1 quart cold water. Serve with Tomato Sauce (p. 198), Italian Sauce, or Napoli Sauce.

Italian Sauce.

3 pork chops	4 cups tomatoes, cooked or canned
1 small onion, peeled and sliced	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{8}$ teaspoon paprika

Remove fat and meat from chops and cut in pieces. Cook with onion, stirring frequently until well browned. Add tomatoes, salt, and paprika. Bring to boiling point and simmer very slowly $2\frac{1}{2}$ hours. Force through purée strainer.

Napoli Sauce.

4 slices bacon	$\frac{1}{8}$ teaspoon pepper
1 sliced onion	$\frac{1}{4}$ teaspoon allspice
2 cups tomatoes	$\frac{1}{4}$ teaspoon mace
$\frac{1}{2}$ box Italian tomato paste	Few grains cayenne
$\frac{1}{2}$ teaspoon salt	Bit of bay leaf

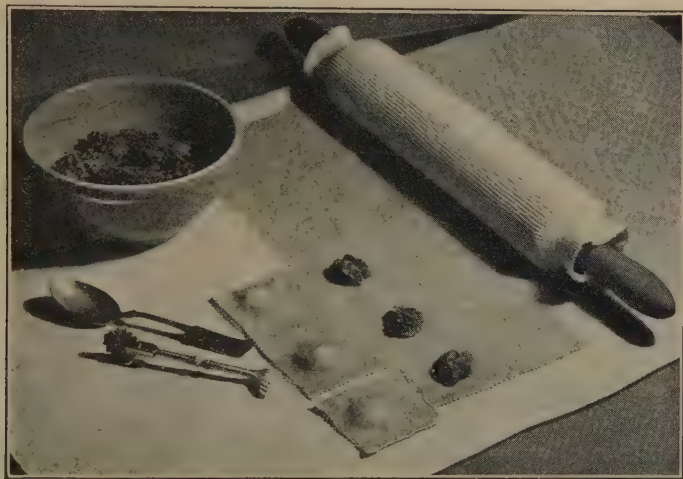
Cut bacon in small pieces and try out. Add remaining ingredients, bring gradually to the boiling point, and let simmer 50 minutes.

GNOCCHI À LA ROMANA

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup flour	2 cups scalded milk
$\frac{1}{4}$ cup cornstarch	2 egg yolks
	$\frac{3}{4}$ cup grated cheese

Melt butter, and when bubbling, add flour, cornstarch, salt, and milk, gradually. Cook 3 minutes, stirring constantly. Add egg

yolks and $\frac{1}{2}$ cup cheese. Pour into a buttered shallow pan and cool. Turn on a board, cut in squares, diamonds, or strips. Place on an oven-proof platter, sprinkle with remaining cheese, and brown in oven.



RAVIOLI

$1\frac{1}{2}$ cups flour

1 egg yolk

Warm water

$\frac{1}{4}$ cup cracker crumbs

$\frac{1}{2}$ cup grated Parmesan cheese

$\frac{1}{4}$ cup chopped cooked spinach

1 egg

Chicken stock

Salt and pepper

Italian Tomato Sauce (p. 198)

Sift flour on board, make depression in center, drop in egg yolk, and moisten with warm water to a stiff dough. Knead until smooth, cover, and let stand 10 minutes. Roll paper-thin with rolling pin. Cut with pastry jagger into strips 3 inches wide, and as long as paste. Mix cracker crumbs, spinach, and egg; moisten with stock and season with salt and pepper. Put mixture by teaspoonfuls on lower half of strips, 2 inches apart. Fold upper part of strip over lower part. Press along edges and between mixture with tips of thumbs, then cut apart with pastry jagger. Cook 10 minutes in stock, take up with skimmer, arrange in layers on hot serving dish. Sprinkle each layer generously with grated Parmesan cheese, and cover with Tomato Sauce.

KNÖFLI

2 eggs, slightly beaten	1 cup sifted flour
$\frac{1}{4}$ cup milk	$\frac{1}{4}$ teaspoon salt
Grated cheese	

Add milk, flour, and salt to eggs. Place colander over a kettle of boiling water, turn in $\frac{1}{3}$ of the mixture, and force through colander into water, using a potato masher. As soon as buttons come to top of water, remove with skimmer to hot vegetable dish and sprinkle with salt and grated cheese. Repeat until mixture is used. Let stand in oven 5 minutes, then serve.

NOODLES

1 egg	$\frac{1}{2}$ teaspoon salt	Flour
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Beat egg slightly, add salt, and flour enough to make very stiff dough. Knead, toss on slightly floured board, and roll paper-thin. Cover with towel and set aside 20 minutes. To use for soup, cut in 3-inch strips, pile strips on each other, and cut in fine shreds. For broad noodles, cut in strips of any desired width. Separate well. Dry. Store in covered jar until needed.

BOILED NOODLES

Cook commercial or homemade noodles 20 minutes in large quantity of boiling, salted water. Drain in colander. Rinse with cold water.

Sautéed Noodles. Cook $\frac{1}{2}$ pound noodles. Drain and rinse. Dry thoroughly on towel. Melt 4 tablespoons butter. Add noodles and brown delicately. Serve sprinkled with croûtons. Serves 6.

Noodle Ring. Arrange sautéed noodles in ring on platter. Fill center with creamed chicken or sweetbreads, or other creamed dish.

Alfredo's Noodles. Cook $\frac{1}{2}$ pound noodles, drain, rinse, and dry. Melt $\frac{1}{4}$ pound unsalted butter and add noodles. Turn noodles over and over with fork and spoon until well coated and very hot. Arrange on hot serving dish. Sprinkle thickly with $\frac{1}{4}$ pound grated Parmesan cheese. Toss together with spoon and fork until cheese melts. Serves 6.

SOUR CREAM NOODLE LOAF OR RING

1 cup cottage cheese	$\frac{1}{2}$ teaspoon salt
1 cup sour cream	$\frac{1}{8}$ teaspoon pepper
1 egg	$\frac{1}{4}$ cup butter, melted
$\frac{1}{4}$ pound broad egg noodles	

Cook, rinse, and drain noodles, and add other ingredients. Mix and bake $1\frac{1}{2}$ hours in slow oven (300° F.).

CHEESES

Store most cheeses, tightly covered, in a cool place. Wrap Stilton in a cloth wrung out of wine and place in a crock. Store Camembert in warm place so that center will be almost liquid when served. Wrap Edam in dampened cheese cloth or wax paper. Use cream cheese soon after unwrapping.

Serve a variety of cheeses with toasted crackers as a dessert. With the very strong flavored cheeses, serve unsalted crackers or crusty French bread. Serve Edam cheese from its shell with a cheese scoop. Serve cream cheese, put through a ricer or moistened with cream and packed in a mold, with Bar-le-Duc Currants or Strawberry Jam.

Grate cheese as needed to retain its full flavor.

Club Cheese is a smooth product made by grinding cheese, seasoning it and packing it into compact rolls.

Pasteurized Cheese is made by melting a blend of cheeses together and packing the product.

There are many varieties of cheese but the most widely available types are:

Mild Cheeses. Young American,* Cottage* (p. 390), Swiss,* Cream,* Neufchâtel, Bel Paese, Edam, Port Salut, Parmesan,* Pineapple

Sharp Cheeses. American* (aged), Cheddar, Cheshire, Liederkranz

Strong Cheeses. Brie, Camembert, Gorgonzola, Roquefort,* Limburger, Stilton

* Most common cheeses for cooking.

WELSH RAREBIT I

1 tablespoon butter	½ pound soft, mild cheese,
1 teaspoon cornstarch	cut in small pieces
½ cup thin cream	¼ teaspoon mustard
¼ teaspoon salt	Few grains cayenne
Toast or wafer crackers	

Melt butter, add cornstarch, and stir until well mixed. Add cream gradually, while stirring constantly, and cook 2 minutes. Add cheese and stir until cheese is melted. Season and serve on wafer crackers, or bread toasted on one side, rarebit being poured over untoasted side. Much of the success of a rarebit depends upon the quality of the cheese. A rarebit should be smooth and of a creamy consistency, never stringy. If stringy, add one egg slightly beaten. Serves 4.

WELSH RAREBIT II

1 tablespoon butter	½ teaspoon mustard
½ pound soft, mild cheese,	Few grains cayenne
cut in small pieces	⅛ to ½ cup ale or lager beer
¼ teaspoon salt	1 egg, slightly beaten

Melt butter and add cheese and seasonings. As cheese melts, add ale or beer gradually, stirring constantly, then egg. Serves 4.

TOMATO RAREBIT

2 tablespoons butter	2 cups finely cut cheese
2 tablespoons flour	2 eggs, slightly beaten
¾ cup thin cream	Salt
¾ cup stewed and strained tomatoes	Mustard
⅛ teaspoon soda	Cayenne

Melt butter, add flour, pour on cream gradually, and as soon as mixture thickens add tomatoes mixed with soda, cheese, eggs, and seasonings to taste. When cheese melts, serve on toast. Serves 6 to 8.

OYSTER RAREBIT

1 cup oysters, parboiled	½ cup thin cream
2 tablespoons butter	¼ teaspoon salt
½ pound soft, mild cheese,	Few grains cayenne
cut in pieces	2 eggs, slightly beaten

Melt butter, add cheese and seasonings. Cook until cheese melts, add cream gradually and eggs. Cook until mixture is smooth and add soft part of oysters. Serves 4.

LENOX RAREBIT

1 tablespoon butter	Few grains cayenne
1 cup milk	6 eggs, slightly beaten
1 teaspoon salt	1 small cream cheese
$\frac{1}{4}$ teaspoon pepper	Unsweetened wafer crackers or toast

Melt butter. Add milk, seasonings, and eggs. Cook like Scrambled Eggs (p. 369), and when nearly done, add cheese worked until soft. Serve on crackers or toast. Serves 6.

CHILALY

1 tablespoon butter	$\frac{3}{4}$ pound soft mild cheese
2 tablespoons chopped green pepper	$\frac{3}{4}$ teaspoon salt
$1\frac{1}{2}$ teaspoons chopped onion	Few grains cayenne
$\frac{1}{2}$ cup canned tomato pulp	2 tablespoons milk
	1 egg, slightly beaten

Cook butter slowly with pepper and onion 3 minutes, stirring constantly. Add tomatoes (drained) and cook 5 minutes. Add cheese, cut in small pieces, salt, and cayenne. Cook over hot water until cheese melts. Add milk and egg. Serves 6.

ENGLISH MONKEY

1 cup stale bread crumbs	$\frac{1}{2}$ cup soft, mild cheese,
1 cup milk	cut in small pieces
1 tablespoon butter	1 egg, slightly beaten
$\frac{1}{2}$ teaspoon salt	Few grains cayenne

Soak bread crumbs in milk 15 minutes. Melt butter, add cheese, and when cheese has melted, add soaked crumbs, egg, and seasonings. Cook 3 minutes and pour over toasted crackers which have been spread sparingly with butter. Serves 6.

CHEESE TOAST

1 cup Thin White Sauce (p. 192)	2 egg yolks, slightly beaten
$\frac{3}{4}$ cup grated cheese	2 egg whites, beaten stiff
	6 slices toast

Add cheese to White Sauce. Cook until cheese melts and add yolks. Stir and cook until thick, fold in whites, and pour over toast.

BAKED RAREBIT

- | | |
|-------------------------------|--|
| 1 pound soft mild cheese | $\frac{1}{3}$ teaspoon paprika |
| 2 tablespoons butter | $1\frac{1}{2}$ cups milk |
| $1\frac{3}{4}$ teaspoons salt | $2\frac{1}{2}$ cups stale bread crumbs |
| 3 eggs, slightly beaten | |

Sprinkle a layer of bread crumbs in buttered baking dish, cover with $\frac{1}{3}$ cheese, sprinkle with $\frac{1}{3}$ salt and paprika mixed, and repeat twice, making 3 layers. Add milk to eggs and pour over mixture. Bake 25 minutes in a moderate oven (350° F.). Serve at once.

SHAPLEIGH LUNCHEON CHEESE

- | | |
|--------------------------------|--------------------------------------|
| 2 eggs, slightly beaten | Few grains cayenne |
| 1 cup thin cream | $\frac{1}{2}$ pound mild cheese, cut |
| 1 tablespoon butter | in small pieces |
| 1 teaspoon salt | Stale bread cut in finger- |
| $\frac{1}{2}$ teaspoon mustard | shaped pieces $\frac{1}{8}$ inch |
| $\frac{1}{4}$ teaspoon paprika | thick |

Spread bread with butter. Arrange close together around sides of buttered baking dish, having bread extend about 1 inch above dish; also line bottom of dish. Combine other ingredients, pour into dish, and bake 30 minutes in moderate oven (350° F.). Serves 4.

CHEESE FONDUE

- | | |
|--|-----------------------------|
| 1 cup scalded milk | 1 tablespoon butter |
| 1 cup soft stale bread crumbs | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{4}$ pound mild cheese, cut in small pieces | 3 egg yolks |
| | 3 egg whites |

Mix first five ingredients, add yolks beaten until lemon-colored. Cut and fold in whites beaten until stiff. Pour in buttered baking dish and bake 20 minutes in moderate oven (350° F.). Serves 4.

CHEESE SOUFFLÉ I

- | | |
|------------------------------------|---------------------------------|
| 4 tablespoons butter | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons flour | Few grains cayenne |
| 1 cup scalded milk or tomato juice | $\frac{1}{2}$ cup grated cheese |
| | 4 egg yolks, beaten very light |
| | 4 egg whites, beaten stiff |

Melt butter, add flour. Add gradually scalded milk and stir until thick and smooth. Add salt, cayenne, and cheese. Remove from

fire; add yolks. Cool; cut and fold in whites. Pour into buttered baking dish or ramekins. Bake 25 minutes in slow oven (325° F.) or 30 to 45 minutes in moderate oven (350° F.). Serve at once. A soufflé may be served soft (French method) or firm. Serves 4.

CHEESE SOUFFLÉ II

2 eggs	½ cup grated Parmesan
¾ cup thick cream	cheese
½ cup Swiss cheese, cut in small dice	Salt and pepper
	Few grains cayenne
½ cup grated American cheese	Few gratings nutmeg

Add eggs to cream and beat slightly, then add cheese and seasonings. If desired, line sides of ramekin dishes with strips of puff paste. Fill dishes ⅔ full. Bake 15 minutes in a hot oven (450° F.). Serves 4.

CHEESE CUSTARDS OR CHEESE RING

4 eggs, slightly beaten	½ teaspoon salt
1 cup milk	⅛ teaspoon pepper
2½ tablespoons melted butter	Few grains cayenne
½ cup grated cheese	Few drops onion juice

Combine ingredients in order given. Turn into buttered ring mold or timbale molds, set in pan of hot water, and bake until brown in slow oven (325° F.). Turn onto hot serving dish and fill center with creamed mushrooms or peas. Serves 4.

Alsatian Tart. Line baking dish with pastry. Pour in custard mixture. Sprinkle with minced bacon. Bake 10 minutes in hot oven (450° F.) then reduce heat to slow (325° F.)

CHEESE CROQUETTES

3 tablespoons butter	1 cup mild cheese, cut in very small cubes
¼ cup flour	½ cup grated Swiss, Gruyère, or mild cheese
⅔ cup milk	Salt and pepper
2 egg yolks	Few grains cayenne

Melt butter, add flour and milk, and stir until thick and smooth. Add unbeaten egg yolks and stir until well mixed. Add grated cheese. As soon as cheese melts, remove from fire, fold in cheese cubes, and season with salt, pepper, and cayenne. Spread in shallow pan and cool. Turn on board, cut in small squares or strips or shape in cones. Crumb, fry, and drain (Croquettes, p. 397). Serves 6.

CHEESE AND PEPPER CROQUETTES

6 small green peppers	$\frac{1}{4}$ cup grated Gruyère cheese
1 $\frac{1}{2}$ teaspoons butter	1 egg, slightly beaten
2 tablespoons flour	$\frac{1}{2}$ cup soft mild cheese, in cubes
$\frac{1}{8}$ cup milk	$\frac{1}{2}$ teaspoon salt
Pepper and cayenne	

Wipe peppers, place in pan, put in hot oven, and turn constantly until skins blister. Take from oven, remove skins, make a lengthwise slit in each, and take out seeds. Melt butter, add flour, stir until well blended. Add milk and bring to boiling point. Add grated cheese and egg. When cheese melts, remove from fire and fold in cheese cubes and season to taste with salt, pepper, and cayenne. Fill peppers with mixture. Dip in egg and crumbs. Fry and drain (see Croquettes, p. 397). Serves 6.

PIMIENTOS STUFFED WITH CHEESE

Canned pimientos, thoroughly dried	Flour for dredging
Mild cheese, cut in $\frac{1}{8}$ inch slices	Butter
Salt and cayenne	Buttered Toast

Sprinkle cheese with salt and cayenne. Insert 1 slice in each pimiento. Dredge with flour and sauté in butter until cheese melts.

COTTAGE CHEESE I

Heat very slowly 1 quart sour milk to lukewarm over warm water and turn into a strainer lined with cheesecloth. Pour over 1 quart warm water, and as soon as water has drained through, pour over another quart; then repeat. Gather cheesecloth around curd to form a bag and let hang until curd is free from whey. Moisten with melted butter and heavy cream, sweet or sour. Add salt to taste.

COTTAGE CHEESE II

Heat one quart sweet milk to lukewarm and add one junket tablet reduced to a powder. Let stand in warm place until set. Beat with fork to break curd, turn into bag made of cheesecloth, and let hang until whey has drained from curd. Proceed as with Cottage Cheese I.

MOLDED CHEESE WITH BAR-LE-DUC

Mash cream cheese and press into cone-shaped mold. Remove from mold and pour around Bar-le-Duc currants or strawberries. Serve with unsweetened wafer crackers. If desired, cover with whipped cream sweetened with powdered sugar before pouring Bar-le-duc.

LIPTANER CHEESE

6 ounces cream cheese (2 small packets)	2 anchovies, finely chopped
$\frac{1}{4}$ cup butter	1 shallot, finely chopped
1 teaspoon capers	$\frac{1}{2}$ teaspoon caraway seed
1 teaspoon paprika	$\frac{1}{2}$ teaspoon salt

Work cheese until smooth and add butter gradually. When thoroughly blended, add remaining ingredients. Press into a small mold or form in a roll and wrap in wax paper. Let stand in refrigerator to season.

FROZEN CHEESE ALEXANDRA

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon paprika
$\frac{1}{4}$ pound Roquefort cheese	1 teaspoon finely cut chives
1 teaspoon salt	2 tablespoons sherry

Cream butter, add cheese, and work until well blended. Add remaining ingredients. Pack in small mold. Freeze in drawer of mechanical refrigerator or surround with finely crushed ice and rock salt, using equal parts, and let stand 1 hour. Serve with hot, toasted rye bread.

CHAPTER 28

FRITTERS AND CROQUETTES

FRITTERS

A fritter is a piece of fruit, vegetable, meat, or fish covered with a batter and fried in deep fat. In some cases filling is added after the frying.

To Fry Fritters. Heat fat to 375° F. or 380° F. or until it is hot enough to brown an inch cube of bread in 1 minute. Dip a spoon into the fat, then take up a spoonful of the fritter mixture, and carefully drop it into the fat, without spattering. Fritters should be cooked through and delicately brown on the outside in 3 to 5 minutes. Remove with skimmer and drain on crumpled soft paper.

To Serve Fritters. Fritters are usually served with a sauce. Fruit fritters may be sprinkled with powdered sugar.

BATTER I

1 cup bread flour	Few grains pepper
$\frac{1}{2}$ teaspoon salt	$\frac{2}{3}$ cup milk
2 eggs, well beaten	

Mix flour, salt, and pepper. Add milk gradually, and eggs.

BATTER II

1 cup bread flour	$\frac{2}{3}$ cup water
1 tablespoon sugar	$\frac{1}{2}$ tablespoon olive oil
$\frac{1}{4}$ teaspoon salt	1 egg white, beaten until stiff

Mix flour, sugar, and salt. Add water gradually, then olive oil, and egg white.

BATTER III

$1\frac{1}{3}$ cups flour	$\frac{1}{4}$ teaspoon salt
2 teaspoons baking powder	$\frac{2}{3}$ cup milk
1 egg, well beaten	

Mix and sift dry ingredients, add milk gradually, and egg.

BATTER IV

1 cup flour	¼ teaspoon salt
1½ teaspoons baking powder	⅓ cup milk
3 tablespoons powdered sugar	1 egg, well beaten

Mix and sift dry ingredients, add milk gradually, and egg.

BATTER V

1 cup flour	2 egg yolks, beaten till thick
¼ teaspoon salt	2 egg whites, beaten till stiff
⅔ cup milk or water	1 tablespoon olive oil or melted butter

Mix salt and flour, add milk gradually, yolks, butter, and whites.

APPLE FRITTERS

2 medium-sized sour apples Batter III or IV Powdered sugar

Pare, core, and cut apples in slices like doughnuts or cut in eighths. Stir into batter. Fry (p. 392). If desired, serve with Lemon Sauce I (p. 610), Fruit Juice Sauce (p. 609), or Sabayon Sauce (p. 614). Serves 4 to 6.

BANANA FRITTERS I

4 bananas	½ tablespoon lemon juice
Powdered sugar	½ rule Batter III or IV

Skin and scrape bananas. Cut in halves lengthwise and cut halves in 2 pieces crosswise. Sprinkle with powdered sugar and lemon juice; cover and let stand 30 minutes. Drain, dip fritters in batter, fry (p. 392). Serves 6 to 8.

BANANA FRITTERS II

3 bananas 1 tablespoon lemon juice Batter IV

Force banana fruit through a sieve. Add lemon juice and add to batter. Fry (p. 392). Serves 6.

CAULIFLOWER FRITTERS

Cold cooked cauliflower Batter V Salt and pepper

Sprinkle pieces of cauliflower with salt and pepper, dip in batter, and fry (p. 392).

CALF'S BRAIN FRITTERS

1 set boiled calf's brains (p. 326)
 $\frac{1}{2}$ rule for Batter I

1 teaspoon baking powder
 Fat

Cool brains in water, drain, dry between towels, and separate into pieces. Add baking powder to batter and add brains. Drop mixture by spoonfuls into greased muffin rings, placed in frying pan in which there is a generous supply of hot fat. Cook on one side until well browned, turn, cook other side. Serve with Sauce Finiste (p. 199).

CELERY FRITTERS

Celery, cut in 3-inch pieces
 Salt and pepper

Batter I, III, or V
 Tomato Sauce (p. 198)

Parboil celery until soft, drain, sprinkle with salt and pepper, dip in batter. Fry (p. 392). Serve with sauce.

CHERRY FRITTERS

2 cups scalded milk	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup cornstarch	$\frac{1}{4}$ cup cold milk
$\frac{1}{4}$ cup flour	$\frac{1}{2}$ cup maraschino cherries,
$\frac{1}{2}$ cup sugar	cut in halves
3 egg yolks, well beaten	

Mix cornstarch, flour, sugar, and salt. Dilute with cold milk and add yolks. Add gradually to scalded milk and cook 15 minutes in double boiler. Add cherries, pour into a buttered shallow tin, and cool. Turn on a floured board, cut in squares, dip in flour, egg, and crumbs, fry like Croquettes (p. 397). Serve with Maraschino Sauce (p. 612). Serves 6.

CLAM FRITTERS

1 pint clams	$1\frac{1}{3}$ cups flour
2 eggs	2 teaspoons baking powder
$\frac{1}{3}$ cup milk	Salt and pepper

Clean clams, drain from their liquor, and chop. Beat eggs until light, add milk and flour mixed and sifted with baking powder, then add chopped clams, and season highly with salt and pepper. Fry (p. 392). Serves 6.

COFFEE FRITTERS, COFFEE CREAM SAUCE

Stale bread, cut in $\frac{1}{2}$ -inch slices	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ cup coffee infusion	1 egg, slightly beaten
2 tablespoons sugar	$\frac{1}{4}$ cup cream
	Coffee Cream Sauce (p. 607)

Remove crusts, cut bread in half-inch strips. Mix coffee, sugar, salt, egg, and cream. Dip bread in mixture. Crumb, fry, and drain (see Croquettes, p. 397). Serve with sauce.

CORN FRITTERS (p. 460)

FRUIT FRITTERS

Cut fresh peaches, apricots, or pears in pieces, dip in Batter III or IV, and fry (p. 392). If canned fruit is used, drain thoroughly from sirup.

ORANGE FRITTERS

Peel 2 oranges and separate into sections. Remove seeds from each section, making smallest possible opening. Dip sections in Batter II, III, IV, or V, and fry (p. 392).

PARSNIP FRITTERS

Follow recipe for Celery Fritters, using cooked parsnip, cut in pieces, instead of celery.

TOMATO FRITTERS

2 cups tomatoes	1 teaspoon salt
6 cloves	Few grains cayenne
$\frac{1}{3}$ cup sugar	$\frac{1}{4}$ cup butter
3 slices onion	$\frac{1}{2}$ cup cornstarch
	1 egg, slightly beaten

Cook first 4 ingredients 20 minutes, rub through sieve, and season with salt and pepper. Melt butter, and when bubbling, add cornstarch and tomato gradually; cook 2 minutes, then add egg. Pour into buttered shallow tin and cool. Turn on board, cut in squares, diamonds, or strips. Crumb, fry, and drain (see Croquettes, p. 396). Serves 6.

QUEEN FRITTERS

Cream Puff or Choux Paste (p. 711) Powdered Sugar

Drop mixture by spoonfuls into deep fat (375° F.) and fry until delicately brown. Fill with preserve or marmalade or Chocolate Cream Filling (p. 672). Sprinkle with sugar or serve with Vanilla Sauce (p. 611). Makes 12 fritters.

SPONGE FRITTERS

2 $\frac{2}{3}$ cups flour	$\frac{1}{3}$ cup melted butter
$\frac{1}{3}$ cup sugar	$\frac{1}{4}$ teaspoon salt
$\frac{7}{8}$ cup scalded milk	2 eggs
$\frac{1}{3}$ yeast cake, dissolved in	Grated rind $\frac{1}{2}$ lemon
2 tablespoons lukewarm water	Quince marmalade
Currant jelly	

Make a sponge of $\frac{1}{3}$ cups flour, sugar, milk, and dissolved yeast-cake; let rise to double its bulk. Add remaining ingredients, except jelly and marmalade, and let rise again. Toss on a floured board, roll $\frac{1}{4}$ inch thick, shape with a small biscuit cutter (first dipped in flour), cover, and let rise on board. Take each piece and hollow in center to form a nest. In half the pieces put $\frac{1}{2}$ teaspoon of currant jelly and quince marmalade mixed in the proportion of 1 part jelly to 2 parts marmalade. Brush edges of filled pieces with milk. Cover with unfilled pieces and press edges closely together with fingers first dipped in flour. If this is not carefully done, fritters will separate during frying. Fry (p. 392) and sprinkle with powdered sugar. Other marmalades and jellies may be used.

CROQUETTES

Croquettes are made of meat, fish, vegetables, hard-cooked eggs, or cheese, cut into small dice, seasoned and held together with a thick white sauce. The sauce may be made with part chicken or veal stock. The mixture is chilled, shaped, rolled in crumbs and egg, and fried in deep fat.

Croquettes may be served as the main course at a luncheon or supper. Tiny ones are served hot, as hors d'œuvres. Vegetable croquettes are served with meat.

For croquette recipes not in this chapter, consult Index.

Croquette Sauce

4 tablespoons butter	1 cup milk or cream
$\frac{1}{3}$ cup flour	$\frac{1}{4}$ teaspoon salt
Few grains pepper	

Melt butter, add flour mixed with seasonings, stir until well blended. Pour on milk gradually while stirring constantly. Bring to boiling point. Boil 2 minutes.

To Shape Croquettes. Prepare croquette mixture, adding sauce a little at a time. Have mixture as soft as can be conveniently handled, so that croquettes will be soft and creamy inside. Chill, to make easier to handle. Make smooth ball by rolling one rounding tablespoon of mixture between hands. Then roll on board until of desired length and flatten ends, or shape like a cone, pointed at one end, or shape like a cutlet. Other shapes may be used.

To Egg and Crumb. Roll dried bread crumbs, or put through food chopper, then sift through purée sieve. Beat egg to blend yolk and white and add two tablespoons water for each egg used. Coat croquettes thoroughly with crumbs. Then dip in egg mixture, being careful to cover entire surface so that they will not break open. Roll in crumbs once more. For a change, try cornflakes in place of crumbs.

To Fry Croquettes. Heat fat to 390° F. If frying thermometer is not used, drop in an inch cube of soft bread; if it is golden brown in forty seconds, fat is at right temperature for croquettes or any cooked mixture.

Dip frying basket in and out of fat. Arrange croquettes, a few at a time, in frying basket. Lower into fat and fry until delicately brown (about one minute). It may be necessary to increase heat slightly as the cold croquettes will lower temperature of fat.

Drain on soft, crumpled paper such as paper towels.

CHESTNUT CROQUETTES

Boiled French chestnuts (p. 458)	2 egg yolks
2 tablespoons thick cream	1 teaspoon sugar
$\frac{1}{4}$ teaspoon vanilla	

Mash chestnuts to make 1 cup. Add other ingredients. Shape in balls, crumb, fry, and drain. Makes 6 to 12.

CHESTNUT ROULETTES

Boiled French chestnuts	2 tablespoons butter
2 eggs	2 tablespoons heavy cream
Few drops onion juice	$\frac{1}{4}$ teaspoon salt
Few grains paprika	

Mash chestnuts to make 1 cup. Add other ingredients, stir and cook 2 minutes, and cool. Shape a little larger than French chestnuts, crumb, fry, and drain (p. 397). Makes 12 or more.

CHICKEN CROQUETTES

$1\frac{3}{4}$ cups chopped, cooked fowl	1 teaspoon lemon juice
$\frac{1}{2}$ teaspoon salt	Few drops onion juice
$\frac{1}{4}$ teaspoon celery salt	1 teaspoon finely chopped parsley
Few grains cayenne	
About 1 cup Croquette Sauce (p. 397)	

Mix ingredients in order given. Chill, shape, crumb, and fry (see Croquettes, p. 397). If desired, make Croquette Sauce with $\frac{3}{4}$ cup Chicken Stock and $\frac{1}{4}$ cup cream. Serve with Cream Sauce (p. 191), or Sauterne Jelly (p. 559). Serves 6.

White meat of fowl absorbs more sauce than dark meat. This must be remembered, if dark meat alone is used.

Chicken and Mushroom Croquettes. Use $1\frac{1}{3}$ cups chicken meat and $\frac{2}{3}$ cup chopped mushrooms.

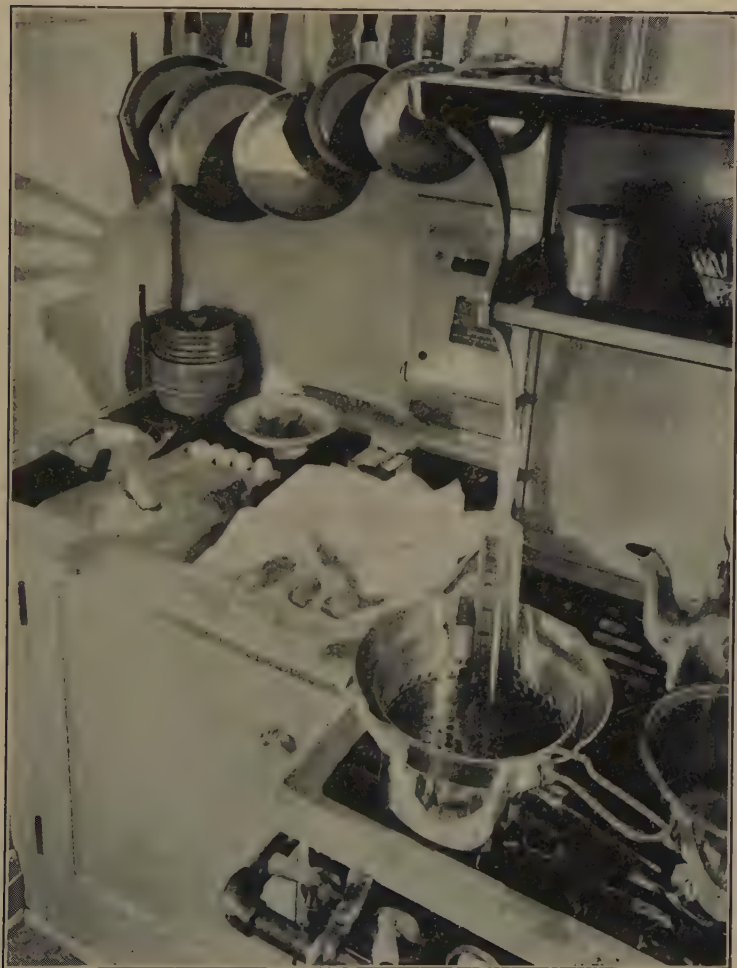
CHICKEN CROQUETTES, MAÇÉDOINE

3 tablespoons butter	Few gratings nutmeg
1 shallot, finely chopped, or	1 cup Chicken Stock (p. 151)
1 tablespoon finely chopped onion	3 egg yolks
$\frac{1}{4}$ cup flour	1 cup cooked chicken, diced
1 teaspoon salt	$\frac{1}{2}$ cup cooked ham, diced
$\frac{1}{4}$ teaspoon paprika	$\frac{1}{4}$ cup mushrooms, cut in small pieces

Melt butter, add shallot or onion, and cook 3 minutes, stirring constantly. Add flour mixed with seasonings, and stir until well blended, then pour on Chicken Stock gradually, while stirring constantly. Bring to boiling point, add remaining ingredients, cook 5 minutes, and chill. Shape, roll in flour, egg, and crumbs, fry, and drain (see Croquettes, p. 397). Mound in center of heated

flat dish and surround with hot, seasoned vegetables, such as peas, small carrot cubes, and cauliflower flowerets. Garnish with parsley.

When making croquettes, save some of the mixture to use for tiny ones to serve with cocktails. Serves 6.



Tiny Chicken or Lobster Croquettes Are Delicious with Cocktails

MARYLAND CROQUETTES

1 cup chopped, cooked fowl	Onion juice
Salt, celery salt, and cayenne	1 pint oysters
Lemon juice	$\frac{1}{2}$ cup Croquette Sauce (p. 397)

Parboil oysters. Drain and use liquor in making sauce, completing necessary amount with cream. Season chicken with salt, celery salt, cayenne, lemon juice, and onion juice. Moisten with sauce. Cover each oyster with mixture, crumb, fry, and drain (p. 397). Makes 12 or more croquettes.

LINCOLN CROQUETTES

1 cup bread crumbs	Croquette Sauce (p. 397) made
1 cup walnut meats, cut in pieces	with Chicken Stock
1 cup cooked chicken, cubed	Salt, celery salt, paprika, and nutmeg

Mix crumbs, nuts, and chicken. Moisten with sauce. Season. Crumb, fry, and drain (see Croquettes, p. 396). Serve with sauce made of half chicken stock and half cream, flavored with sherry. Makes 12 or more croquettes.

BEEF CUTLETS

Remove fat, skin and gristle from cooked beef. Cut in small cubes, sauté slowly 5 minutes in butter. Mix with Croquette Sauce (p. 397), season with salt, pepper, dash of mace or powdered thyme and onion juice. Shape, crumb and fry (p. 397). Serve with Tomato Sauce (p. 198), Sauce Piquante (p. 197) or Creole Sauce (p. 197).

LAMB CROQUETTES

1 tablespoon finely chopped onion	1 cup cold cooked lamb, cut in small cubes
2 tablespoons butter	$\frac{2}{3}$ cup boiled potato cubes
$\frac{1}{4}$ cup flour	Salt and pepper
1 cup Brown Stock (p. 144) or lamb gravy	1 teaspoon finely chopped parsley

Fry onion in butter 5 minutes, then remove onion. To butter add flour and stock and cook 2 minutes. Add meat, potato, salt, and pepper. Simmer until meat and potato have absorbed sauce. Add parsley and spread on shallow dish to chill. Shape, crumb, and fry (see Croquettes, p. 396). Serve with Tomato Sauce (p. 198).

LOBSTER CROQUETTES

2 cups chopped lobster meat	Few grains cayenne
$\frac{1}{2}$ teaspoon salt	1 teaspoon lemon juice
$\frac{1}{4}$ teaspoon mustard	1 cup Croquette Sauce (p. 397)

Add seasonings to lobster, then add sauce. Chill, shape, crumb, fry in deep fat, and drain (see Croquettes, p. 396). Serve with Tomato Cream Sauce (p. 199). Makes 12 or more.

LOBSTER CUTLETS

2 cups chopped lobster meat	1 teaspoon lemon juice
$\frac{1}{2}$ teaspoon salt	1 egg yolk
Few grains cayenne	1 teaspoon finely chopped parsley
Few gratings nutmeg	1 cup Croquette Sauce (p. 397)

Mix ingredients in order given and chill. Shape in form of cutlets, crumb, and fry (see Croquettes, p. 396). Make a cut at small end of each cutlet and insert in each the tip end of a small claw. Arrange around a mound of parsley. Serve with Tartare Sauce, (p. 207). Makes 12 or more.

OYSTER AND MACARONI CROQUETTES

$\frac{2}{3}$ cup cooked macaroni (p. 380)	Few grains cayenne
1 pint oysters	Few grains mace
1 cup Croquette Sauce (p. 397)	$\frac{1}{2}$ teaspoon lemon juice
$\frac{1}{4}$ cup grated cheese	

Clean and parboil oysters, remove tough muscles, and cut soft parts in pieces. Use oyster liquor with milk in making sauce. Mix macaroni and oysters, add sauce and seasonings. Chill. Shape, crumb, fry, and drain (p. 397). Makes 12 or more.

VEAL CROQUETTES

2 cups chopped, cooked veal	Few grains cayenne
$\frac{1}{2}$ teaspoon salt	Few drops onion juice
$\frac{1}{8}$ teaspoon pepper	1 egg yolk
1 cup Croquette Sauce (p. 397)	

Combine ingredients. Shape, crumb, fry, and drain (see Croquettes, p. 396). Makes 12 or more.

SWEETBREAD CUTLETS, À LA VICTORIA

2 cups chopped, parboiled sweetbreads (p. 320)	Slight grating nutmeg
2 teaspoons lemon juice	1 teaspoon finely chopped parsley
$\frac{1}{2}$ teaspoon salt	1 egg, slightly beaten
$\frac{1}{8}$ teaspoon pepper	1 cup Croquette Sauce (p. 397)

Season sweetbreads. Add egg to sauce and combine mixtures. Chill, shape like cutlets, crumb, and fry (see Croquettes, p. 396). Make a cut in small end of each cutlet and insert in each a piece of cold, boiled macaroni $1\frac{1}{2}$ inches long. Serve with Allemande Sauce (p. 195). Chopped mushrooms may replace part of sweetbreads. Makes 12 or more croquettes.

EPIGRAMS OF SWEETBREADS

1 sweetbread, parboiled (p. 320)	$2\frac{1}{2}$ tablespoons flour
$\frac{1}{8}$ teaspoon finely chopped shallot or onion	$\frac{1}{2}$ cup stock
$1\frac{1}{2}$ tablespoons butter	2 tablespoons cream
3 tablespoons chopped mushrooms	1 egg yolk
	Salt and pepper

Drain sweetbread, place in small mold, cover, and press with weight. Cut in half-inch slices. Cook shallot and butter 3 minutes, add mushrooms, cook 3 minutes, add other ingredients, stir and cook until thick. Spread pieces of sweetbread with mixture. Chill, crumb, fry, and drain (see Croquettes, p. 396).

CROMESQUIS À LA RUSSE

$\frac{1}{2}$ cup cooked finnan haddie, separated in small pieces	$\frac{1}{2}$ cup Croquette Sauce (p. 397), made without salt
French Pancakes (p. 106)	1 egg, slightly beaten
	Cayenne

Add finnan haddie to sauce. Chill. Cut pancakes in pieces 2 by 4 inches. On lower halves of pieces put 1 tablespoon mixture. Brush edges with beaten egg, fold over upper halves, press edges firmly together. Crumb, fry, and drain (see Croquettes, p. 396). Makes 16.

CHAPTER 29

CHAFING-DISH RECIPES AND PATTY FILLINGS

PATTY SHELLS, CROUSTÂDES, TIMBALE CASES, ETC.

A creamed mixture of fish, shellfish, meat, or mushrooms may be served in Swedish Timbale Cases, Croustâdes of Bread, Dresden Patties, Mashed-Potato Baskets, Rice Croustâdes or in Patty Shells (p. 619), Bouchées (p. 620), Vol-au-Vents (p. 620), or Pastry Boats (p. 642).

Consult Index for Creamed Chicken, Creamed Mushrooms, etc.

Any of the fillings in this chapter may be served on toast or in ramekin dishes (p. 411).

CROUSTÂDES OF BREAD

Cut stale bread in 2-inch slices, and slice in diamonds, squares, or circles. Remove centers, leaving cases. Brush over with melted butter, and brown in oven, or fry in deep fat (390° F.).

Dresden Patties. Before frying, dip in egg, slightly beaten, diluted with 2 tablespoons milk to each egg and seasoned with salt. Soak thoroughly. Drain.

MASHED-POTATO BASKETS

3 cups hot, mashed potatoes
3 tablespoons butter
1 teaspoon salt

3 egg yolks, slightly beaten
Milk to moisten
1 egg white, slightly beaten

Add butter, salt, egg yolks, and milk to potatoes. Shape in small baskets with pastry bag and tube. Brush over with egg white and brown in oven. Make handles of parsley.

RICE CROUSTÂDES

1 cup rice	1 egg yolk, slightly beaten
3 cups Veal or Chicken Stock (p. 150)	Slight grating nutmeg
$\frac{3}{4}$ cup Croquette Sauce (p. 397)	$\frac{1}{8}$ teaspoon salt
$\frac{1}{8}$ teaspoon pepper	

Steam rice in stock. Cool, add sauce, egg yolk, and seasonings. Spread mixture 2 inches thick in buttered pan, cover with buttered paper, and place weight on top. Let stand until cold. Turn from pan, cut in rounds, remove centers, leaving cases. Crumb, and fry (see Croquettes, p. 396). Makes 12 or more.



Swedish Timbales and Rosette Cases and the Equipment for Making Them

SWEDISH TIMBALES AND ROSETTE CASES

$\frac{3}{4}$ cup flour	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ teaspoon salt	2 egg yolks, slightly beaten
1 teaspoon sugar	1 tablespoon olive oil

Mix dry ingredients; add milk gradually and egg yolks; then add olive oil. Let stand overnight if possible, thus preventing bubbles. Put into cup or small deep bowl.

Timbale and rosette irons are made in a variety of shapes and sizes.

To Fry Timbale Cases. Put iron into cold fat, having fat deep enough to more than cover iron. Heat to 375° F., remove iron from fat, drain a moment on soft paper and lower into cup of batter to not more than three fourths depth of iron. Lower into hot fat and fry until delicately brown. Remove from fat, slip timbales from iron and drain, inverted, on soft paper. If batter will not cling to iron, fat is not at the right temperature. It may be either too hot or too cold. Rosettes are difficult to remove from iron unless they are pried off as soon as sufficiently cooked to be firm; drop into fat to finish frying, turn to brown evenly, and take out of fat with a flat whisk, and drain. Use a pan with heavy bottom to keep fat evenly hot. Makes 18 or more.

CHICKEN À LA KING I

1½ tablespoons chicken fat or butter	1 cup boiled fowl, cut in strips
1¾ tablespoons flour	½ cup sliced mushrooms, fried in butter
½ cup hot Chicken Stock (p. 151)	¼ cup canned pimientos, cut in strips
½ cup scalded milk	1 egg yolk, slightly beaten
¼ cup scalded cream	
½ teaspoon salt	
2 tablespoons butter	
2 tablespoons sherry, if desired	

Melt fat, add flour, and stir until well blended; then pour stock, milk, and cream on gradually, while stirring constantly. Bring to boiling point and add salt, butter bit by bit, fowl, mushrooms, and pimientos. Again bring to boiling point and add egg yolk and sherry if used. Serves 6 or more.

CHICKEN À LA KING II

1 tablespoon butter	Few grains cayenne
1 cup mushrooms	1½ cups milk (part cream, if desired)
1 tablespoon green pepper	1 cup Chicken Stock (p. 151)
4 tablespoons flour	2 cups cooked chicken
½ teaspoon salt	1 tablespoon parsley, chopped
½ teaspoon celery salt	1 tablespoon pimiento, cut in small pieces

Melt butter, add mushrooms and green pepper. Stir and cook 5 minutes. Add flour mixed with seasonings. Cook 5 minutes. Add milk and chicken stock slowly. Add chicken, parsley, and pimiento. Reheat. Serves 8 or more.

CHICKEN POULETTE

Arrange sliced chicken and mushrooms in baking dish. Pour Velouté Sauce (p. 194) over chicken, omitting cream. Bake 30 minutes in hot oven. Mix egg yolk with $\frac{1}{3}$ cup cream and stir into mixture. Reheat. Stir in $\frac{1}{2}$ teaspoon lemon juice and serve.

CREAMED CHICKEN AND MUSHROOMS

1 cup cooked chicken, cubed	$\frac{1}{2}$ teaspoon salt
6 mushrooms, cut in pieces	$\frac{1}{8}$ teaspoon cayenne
$\frac{1}{2}$ truffle, cut in small pieces	$\frac{1}{8}$ teaspoon grated nutmeg
2 tablespoons butter	1 egg, slightly beaten
2 tablespoons flour	1 tablespoon cream
1 tablespoon sherry	1 cup Chicken Stock (p. 151)

To chicken add mushrooms, truffle, and butter. Cook 5 minutes, stirring almost constantly; then add flour, and when well blended, pour on stock and simmer 10 minutes. Season with salt, cayenne, nutmeg, and sherry. Add egg, diluted with cream. Reheat.

CHICKEN À LA McDONALD

3 cold, boiled potatoes, cut in $\frac{1}{8}$ -inch slices	1 truffle, cut in strips $1\frac{1}{2}$ cups White Sauce (p. 191)
1 cup cooked chicken, cut in strips	

Heat chicken, potatoes, and truffle in sauce. Truffle may be omitted. Serves 6.

CHOP SUEY I

Breast meat from 1 uncooked chicken, cut in 1-inch strips	1 cup Chicken Stock (p. 151)
1 tablespoon butter	$\frac{1}{2}$ teaspoon sugar
$\frac{3}{4}$ cup celery, cut in thin slices crosswise	2 teaspoons Shoyu Sauce
1 onion, sliced	$\frac{1}{2}$ green pepper (seeds removed), cut in thin strips
6 mushroom caps, sliced	1 teaspoon cornstarch, diluted with 2 tablespoons cold water

Melt butter, add chicken, cook 2 minutes. Add celery, onion, and mushrooms. Cook 5 minutes. Add other ingredients in order given. Bring to boiling point and simmer 3 minutes. Serves 6.

CHOP SUEY II

- | | |
|---|--|
| 1 pound white meat of chicken,
pork, veal, crab, or lobster meat | 6 mushroom caps, peeled and sliced |
| 4 tablespoons chicken or other
fat | 6 Chinese water chestnuts, peeled |
| 1 cup celery, cut in thin slices
crosswise | $\frac{1}{2}$ pound bean sprouts |
| 1 onion, peeled and cut in thin
slices | $\frac{1}{4}$ pound bamboo shoots, cut in
diamond-shaped pieces |
| | 1 teaspoon Shoyu Sauce |
| | 2 cups Chicken Stock (p. 151) or water |
| | Salt and pepper |

Cut meat in 1-inch strips and cook in frying pan in half the fat. Cook vegetables 5 minutes in remaining fat, add bean sprouts, bamboo shoots, Shoyu Sauce, Chicken Stock, and chicken. Simmer gently until well cooked. Season with salt and pepper. Serves 8.

CLAMS À LA NEWBURG

- | | |
|---------------------------------|-------------------------|
| 1 pint clams | $\frac{1}{2}$ cup cream |
| 3 tablespoons butter | 3 egg yolks |
| 3 tablespoons sherry or Madeira | Salt and cayenne |

Clean clams, remove soft parts, and chop hard parts fine. Melt butter, add chopped clams, seasonings, and wine. Cook 8 minutes, add soft part of clams, and cream. Season. Cook 2 minutes, then add egg yolks diluted with some of the hot sauce. Serves 6.

CRAB MEAT, INDIENNE

- | | |
|---------------------------------|---------------------------------------|
| 2 tablespoons butter | $\frac{2}{3}$ tablespoon curry powder |
| 1 teaspoon finely chopped onion | 1 cup Chicken Stock (p. 151) |
| 3 tablespoons flour | 1 cup crab meat |
| Salt | |

Cook butter with onion 3 minutes, add flour mixed with curry powder and stock. Bring to boiling point, add crab meat and season with salt. Serves 4 to 6.

CRAB MEAT, URZINI

- | | |
|--|----------------------------------|
| $1\frac{1}{2}$ cups Cream Sauce (p. 191) | $\frac{1}{4}$ pound mushrooms |
| $\frac{1}{2}$ pound crab meat | 1 canned pimiento, cut in strips |

Slice mushrooms, sauté in butter, and add crab meat, pimiento, and sauce. Reheat. If desired, add $\frac{1}{2}$ cup grated Parmesan cheese. Serves 6.

CRAB MEAT À LA KING

1 cup Cream Sauce (p. 191) $\frac{1}{2}$ tablespoon red and green pepper,
finely chopped
1 cup crab meat

Add crab meat and peppers to sauce. Reheat. Serves 4 to 6.

CRAB MEAT, TERRAPIN STYLE

1 cup crab meat 2 tablespoons sherry
2 tablespoons butter $\frac{1}{3}$ cup heavy cream
 $\frac{1}{2}$ small onion, thinly sliced 2 egg yolks
Salt and cayenne

Cook butter and onion until yellow; remove onion, add crab meat and sherry. Cook 3 minutes, add cream, egg yolks, and season.

FROGS' LEGS, NEWBURG

$\frac{1}{3}$ pound mushroom caps $\frac{1}{2}$ cup sherry
1 dozen frogs' legs $1\frac{1}{3}$ cups cream
 $\frac{1}{2}$ pound crab meat 1 tablespoon cornstarch
2 tablespoons melted butter 1 tablespoon cold water
1 egg yolk, slightly beaten

Clean and peel mushroom caps, cut in $\frac{1}{4}$ -inch strips crosswise, and sauté in butter 3 minutes. Clean and steam frogs' legs until tender, then add crab meat, butter, and sherry. Cover and let stand 30 minutes. Cook 5 minutes. Pour off half the liquor and add mushrooms. Scald cream in double boiler; dilute cornstarch with cold water, add gradually to scalded cream, and cook 20 minutes, stirring constantly until mixture thickens and afterwards occasionally. Add egg yolk, slightly beaten. Add to first mixture, reheat, and season. Serves 6.

CREAMED LOBSTER WITH TOMATO

2 tablespoons butter Few grains soda
1 tablespoon chopped onion Salt
 $\frac{2}{3}$ cup hot, boiled rice Celery salt
 $1\frac{1}{4}$ cups lobster dice Cayenne
 $\frac{1}{4}$ cup Tomato Sauce (p. 198) $\frac{1}{2}$ cup heavy cream

Cook butter with onion 5 minutes, stirring constantly. Add lobster, rice, and cream. When heated, add Tomato Sauce (to which soda has been added) and season highly with salt, celery salt, and cayenne. Serves 6.

CREAMED LOBSTER

Heat diced cooked lobster in Cream Sauce (p. 191). Season to taste, using sherry, if desired.

CREAMED LOBSTER AND OYSTERS

1 pint oysters	$\frac{1}{4}$ cup butter
2 cups lobster meat	$\frac{1}{3}$ cup flour
1 $\frac{1}{2}$ cups cold water	$\frac{3}{4}$ cup cream
1 stalk celery	$\frac{1}{2}$ teaspoon beef extract
1 slice onion	Worcestershire Sauce
Salt and paprika	Lemon juice

Clean and parboil oysters; drain and add to liquor body bones and tough claw meat from lobster, with water, celery, and onion. Cook slowly until stock is reduced to 1 cup, and strain. Make sauce of butter, flour, strained stock, and cream. Add oysters and lobster meat cut in strips; then add seasonings. Serves 8 or more.

LOBSTER À LA DELMONICO

2-pound lobster, boiled	Few grains cayenne
$\frac{1}{4}$ cup butter	Slight grating nutmeg
$\frac{3}{4}$ tablespoon flour	1 cup cream
$\frac{1}{2}$ teaspoon salt	2 egg yolks, slightly beaten
2 tablespoons sherry	

Cut lobster meat in small cubes. Melt butter, add flour, seasonings, and cream gradually. Add lobster, and when heated, add egg yolks and sherry. Serves 4.

LOBSTER À LA NEWBURG

2-pound lobster, boiled	1 tablespoon brandy
$\frac{1}{4}$ cup melted butter	$\frac{1}{3}$ cup cream
1 tablespoon sherry	2 egg yolks, slightly beaten
Salt, cayenne, and grated nutmeg	

Slice lobster meat, cook in butter 3 minutes. Add liquors, cook 1 minute, add cream. Season and add egg yolks. Stir until thickened. Serve with toast or Puff Paste points. Serves 4.

OYSTER CRABS À LA NEWBURG

1 cup oyster crabs	Salt
1 cup mushroom caps	Cayenne
$\frac{1}{3}$ cup sherry	Nutmeg
$\frac{1}{4}$ cup butter	$\frac{3}{4}$ cup heavy cream
1 tablespoon flour	2 egg yolks, slightly beaten
1 tablespoon brandy	

Peel mushroom caps and break in pieces. Add oyster crabs and wine, cover, and let stand 1 hour. Melt butter, add first mixture, and cook 8 minutes. Add flour. Cook 2 minutes. Season. Add cream. Just before serving, add egg yolks and brandy. Serves 6.

SCALLOPS À LA NEWBURG

1 pint scallops	$\frac{1}{2}$ cup cream
3 tablespoons butter	2 egg yolks
1 teaspoon lemon juice	2 tablespoons sherry
1 teaspoon flour	Salt and cayenne

Wipe scallops with damp cheesecloth and cook in omelet pan until they begin to shrivel; drain thoroughly, cut in halves, and cook in 2 tablespoons butter 3 minutes. Add lemon juice and cook 1 minute. Serves 6.

Melt remaining butter, add flour, and stir until blended; then pour cream on gradually, while stirring constantly. Bring to boiling point, add egg yolks, slightly beaten, scallops, and sherry. If mixture curdles from over-cooking, add milk and stir until smooth. Season to taste. If desired, add $\frac{1}{2}$ cup shrimps or $\frac{1}{4}$ pound mushrooms, peeled, diced, and fried 3 minutes. Both may be added.

SHRIMPS À LA NEWBURG

1 pint shrimps	$\frac{1}{2}$ cup cream
3 tablespoons butter	2 egg yolks, slightly beaten
1 teaspoon lemon juice	2 tablespoons sherry
1 teaspoon flour	Salt and pepper

Clean shrimps and cook 3 minutes in 2 tablespoons butter. Add lemon juice and cook 1 minute. Melt 1 tablespoon butter, add flour and cream; when thickened, add egg yolks, shrimps, and sherry. Season and heat. Serves 6.

SHRIMPS, LOUISIANA STYLE

2 tablespoons butter	$\frac{3}{8}$ cup heavy cream
1 teaspoon chopped onion	$\frac{1}{2}$ teaspoon salt
$\frac{3}{8}$ cup cooked or canned shrimps (1 small can) broken in pieces	$\frac{1}{4}$ teaspoon celery salt
$\frac{3}{8}$ cup hot, boiled rice	Few grains cayenne
	3 tablespoons tomato catsup

Cook butter with onion 5 minutes, stirring constantly. Add shrimps, rice, and cream. When thoroughly heated, add salt, celery salt, cayenne, and tomato catsup. Serves 4 to 6.

CREAMED SHRIMPS WITH CURAÇAO

1 cup Cream Sauce (p. 191)	$\frac{1}{4}$ teaspoon paprika
$\frac{1}{4}$ teaspoon celery salt	Few gratings nutmeg
$\frac{1}{4}$ cup walnut meats	1 cup shrimps, cooked or canned
$\frac{1}{2}$ teaspoon Orange Curaçao	

Season sauce with salt, celery salt, paprika, nutmeg, and shrimps, cut in halves. Bring to boiling point and add walnut meats, broken in pieces. Serves 4 to 6.

CREAMED SWEETBREAD AND MUSHROOMS

1 sweetbread, parboiled (p. 320) and cut in small pieces	1 teaspoon lemon juice
10 mushrooms, cleaned and cut in pieces	1 tablespoon butter
	1 cup Velouté Sauce (p. 194)
	1 tablespoon heavy cream
Salt, pepper, and paprika	

Cook sweetbread and mushrooms with butter and lemon juice in covered pan 15 minutes, stirring occasionally. Add to sauce. Add cream. Bring to boiling point and season to taste. Serves 6.

RAMEKINS, ETC.

A ramekin dish is an individual baking dish that holds from $\frac{1}{4}$ to 1 cup. Any creamed mixture may be put in a ramekin, covered with buttered crumbs (p. 30), and baked until brown. Ramekin mixtures may be served on toast or in patty cases, Swedish timbale cases, scallop shells, etc. (p. 403) instead of in ramekins.

SWEETBREAD RAMEKINS

Fill ramekin dishes with Creamed Sweetbreads (p. 320), made with Velouté Sauce (p. 194) seasoned with beef extract. Cover with buttered crumbs and bake until crumbs are brown.

CRAB MEAT MORNAV

4 tablespoons butter	$\frac{3}{4}$ cup Chicken Stock (p. 151)
3 tablespoons flour	$\frac{3}{4}$ cup milk
$2\frac{1}{2}$ tablespoons cornstarch	2 egg yolks
$\frac{3}{4}$ teaspoon salt	$1\frac{1}{4}$ cups crab meat
$\frac{1}{2}$ cup grated cheese	

Melt butter, add flour, cornstarch, and salt, stir until well blended. Pour stock on gradually, while stirring constantly. Bring to boiling point and boil 3 minutes. Add milk gradually, again bring to boiling point, and add egg yolks. Butter ramekin dishes, put in thin layer of crab meat, cover meat with sauce, sprinkle with cheese. Cook in broiling oven to melt cheese and brown. Serves 6.

DEVEILED CRABS

1 cup crab meat	1 cup Velouté Sauce (p. 194)
$\frac{1}{4}$ cup mushrooms, finely chopped	1 teaspoon parsley, finely
Buttered Crumbs (p. 30)	chopped

Add crab meat and mushrooms to sauce. Cook 3 minutes, add parsley, and cool. Fill ramekins or crab shells, washed and trimmed. Cover with crumbs. Crease on top with case knife, having 3 lines parallel with each other across shell and 3 short lines branching from outside parallel lines. Bake until crumbs are brown. Serves 6 or more.

DEVEILED OYSTERS

1 pint oysters	$\frac{1}{2}$ tablespoon finely chopped
$\frac{2}{3}$ cup Croquette Sauce (page 397)	parsley
1 egg yolk	1 teaspoon lemon juice
	Buttered cracker crumbs

Clean, drain, and slightly chop oysters. Add egg yolk, parsley, lemon juice, and oysters to sauce. Arrange buttered ramekins, scallop shells or deep oyster shells in a dripping pan, half fill with mixture, cover with buttered crumbs, and bake 12 to 15 minutes in hot oven (400° F.). Fills 12 or more oyster shells.

DEVEILED SCALLOPS

1 pint scallops	$\frac{1}{2}$ teaspoon salt
$2\frac{1}{2}$ tablespoons butter	Few grains cayenne
$\frac{1}{4}$ teaspoon prepared mustard	$\frac{1}{3}$ cup buttered cracker crumbs

Clean scallops, drain, and heat to boiling point. Drain again, reserve liquor, and chop scallops. Cream butter, add mustard, salt, cayenne, $\frac{1}{3}$ cup reserved liquor, and scallops. Let stand $\frac{1}{2}$ hour. Put in baking dish or scallop shells, cover with crumbs, and bake 20 minutes in moderately hot oven (375° F.). Serves 6 or more.

HALIBUT MARGUERITES

Line a buttered tablespoon with Fish Forcemeat II (p. 138). Fill with Creamed Lobster (p. 409), cover with forcemeat, and garnish with forcemeat put through a pastry bag and tube, in the form of a marguerite. Color a bit of forcemeat with yellow color paste and put in center. Slip from spoon into boiling water and cook 8 minutes. Serve with Béchamel Sauce (p. 193) or Lobster Sauce (p. 192).

MARTIN'S SPECIALTY

$\frac{1}{2}$ tablespoon onion (finely chopped)	Stock or water
2 tablespoons butter	1 egg yolk
1 cup chopped, cooked chicken or veal	Salt and pepper
1 cup soft bread crumbs	Lettuce

Tomato Sauce (p. 198)

Cook onion in butter 3 minutes. Add meat and crumbs, moisten with stock, add egg yolk and seasonings. Wrap in lettuce leaves, allowing 2 tablespoons mixture to each. Tie in cheesecloth and steam. Makes 8. Serve with sauce.

CHAPTER 30

TIMBALES AND MOUSSES

TIMBALES

A timbale may be made of almost any mixture of meat, fish, cheese, or vegetable, cooked in special molds known as timbale molds, or in custard cups or cutlet molds. Swedish Timbales (p. 404) are used like patty shells.

To Bake Timbales and Mousses. Prepare timbale mixture. Butter mold slightly and fill two thirds full. Place in pan of hot water on several thicknesses of paper and bake 20 minutes or until firm in a moderate oven (350° F.). Molds may be covered with buttered paper to keep them from browning too rapidly.

To Serve Timbales. Let stand 6 minutes or set in cold water for a moment. Unmold, garnish, and serve with a sauce as the main dish at luncheon or supper, or as a separate course for a formal dinner.

CHICKEN TIMBALES

2 tablespoons butter	½ tablespoon chopped parsley
¼ cup stale bread crumbs	2 eggs, slightly beaten
⅔ cup milk	Salt
1 cup chopped, cooked chicken	Pepper

Melt butter, add bread crumbs and milk, and cook 5 minutes, stirring constantly. Add chicken, parsley, and eggs. Season with salt and pepper. Bake (see above). Serve with Béchamel Sauce (p. 193). Makes 6 or more.

CHICKEN TIMBALES, FARÇI

Garnish slightly buttered small molds with chopped truffles or slices of truffles cut in fancy shapes. Line with Chicken Force-meat (p. 139). Fill centers with Creamed Mushrooms (p. 467) or

Creamed Chicken and Mushrooms (p. 406) with or without truffles. Cover with forcemeat and bake. Serve with Béchamel (p. 193), Yellow Béchamel (p. 194), or Cream (p. 191) Sauce.

CHICKEN AND LIVER TIMBALES

1 cup chopped, cooked chicken	1 teaspoon salt
½ cup chopped, cooked chicken livers	¼ teaspoon paprika
3 egg yolks, slightly beaten	⅛ teaspoon salt
3 tablespoons Chicken Stock (p. 151)	½ cup heavy cream, beaten stiff
	3 egg whites

Mix chicken and livers and pound in a mortar, adding egg yolks gradually. When thoroughly blended, add seasonings and egg whites. Bake. Serve with Creamed Mushrooms (p. 467).

CHICKEN MOUSSE I

Breast and second joints of uncooked chicken weighing 4 pounds	4 eggs 1½ cups thick cream Salt and pepper
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Force chicken through food chopper or chop very fine. Beat eggs separately, add one at a time, stirring until mixture is smooth. Add cream and season with salt and pepper. Bake (p. 414), 30 minutes. Serve with Suprême Sauce (p. 195) or Béchamel Sauce (p. 193). Serves 6.

CHICKEN MOUSSE II

½ breast raw chicken	¾ cup cooked, white chicken meat
2 egg whites, slightly beaten	Truffles cut for decorating
1 cup heavy cream	Cream Sauce (p. 191) or Béchamel
Salt, pepper, and cayenne	Sauce (p. 193)

Chop and pound raw chicken, force through purée strainer. Add 1 egg white, ½ cup cream, and season to taste. Add cooked chicken, other egg white, and ½ cup cream beaten until stiff. Decorate buttered mold or molds with truffle, turn in mixture, and bake (p. 414) until firm. Serve with sauce. Serves 6.

RUSSIAN CUTLETS

Cover bottom of cutlet molds with Russian Pilaf (p. 378), and cover Pilaf with Chicken Forcemeat II (p. 139), doubling the

recipe and omitting nutmeg. Bake (see Timbales, p. 414), allowing 15 minutes. Serve with Brown Mushroom Sauce I or II (pp. 196, 200) and garnish with parsley.

FISH MOUSSE (p. 222)

HALIBUT TIMBALES

1 pound halibut	Few grains cayenne
$\frac{2}{3}$ cup milk	$\frac{2}{3}$ teaspoon cornstarch
1 egg yolk	$\frac{1}{3}$ cup whipping cream, beaten
$1\frac{1}{4}$ teaspoons salt	until stiff
$\frac{1}{4}$ teaspoon pepper	Cream Sauce (p. 191) or
	Lobster Sauce (p. 192)

Force raw fish twice through food chopper, then rub through sieve. Add egg yolk, seasonings, and cornstarch. Add milk, gradually, then cream. Bake (see Timbales, p. 414). Serve with sauce. Serves 6.

HALIBUT TIMBALES, FARÇI

Line molds with Fish Mousse (p. 222) or Fish Force meat I (p. 138), fill centers with Creamed Lobster (p. 409), shrimps, or crab meat, and cover with force meat. Bake (see Timbales, p. 414). Serve with Lobster Sauce (p. 192) or Béchamel Sauce (p. 193). Before filling molds, sprinkle, if desired, with lobster coral rubbed through a strainer.

HAM TIMBALES I

Make and bake like Chicken Timbales, using chopped cooked ham in place of chicken. Serve with Béchamel Sauce (p. 193).

HAM TIMBALES II

1 cup stale bread crumbs	$\frac{1}{2}$ teaspoon salt
1 cup milk	$\frac{1}{8}$ teaspoon pepper
4 tablespoons butter	2 egg whites, beaten stiff
1 cup chopped, cooked ham	2 hard-cooked eggs
	Parsley

Cook bread crumbs and milk to a smooth paste. Add butter, ham, salt, and pepper; then cut and fold in egg whites. Bake (see Timbales, p. 414). Garnish with slices of hard-cooked egg and sprigs of parsley. Serves 6.

HAM MOUSSE, ALEXANDRIA (CUTLETS OF HAM).

$\frac{1}{2}$ pound lean, raw ham, finely chopped	$\frac{1}{2}$ cup cream
4 egg whites, unbeaten	Few gratings nutmeg
$\frac{1}{8}$ teaspoon pepper	Allemande Sauce (p. 195)
Asparagus tips	Parsley

Mix ham and egg whites to a smooth paste. Rub through sieve, add seasonings and cream, a little at a time. Fill slightly buttered cutlet molds. Bake (see Timbales, p. 414). Coat with sauce and garnish with asparagus and parsley. Fills 6 or more molds.

LOBSTER TIMBALES I

2-pound lobster, boiled	Anchovy paste
$\frac{1}{2}$ cup soft, stale bread crumbs	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup milk	Few grains cayenne
$\frac{1}{4}$ cup cream	3 egg whites, beaten until stiff

Remove lobster meat from shell and chop fine. Cook bread and milk 10 minutes. Add cream, seasonings, egg whites, and lobster meat. Bake (see Timbales, p. 414). Serve with Lobster Sauce (p. 192). Sprinkle with coral rubbed through sieve. Garnish with parsley and pieces of lobster shell from tail. Fills 10 or more molds.

LOBSTER TIMBALES II

1 cup chopped cooked lobster meat	Few drops onion juice
1 tablespoon butter	2 egg yolks
1 tablespoon flour	$\frac{1}{8}$ cup milk
1 teaspoon salt	$\frac{1}{8}$ cup cream, beaten stiff
$\frac{1}{8}$ teaspoon paprika	1 egg white, beaten stiff

Cook lobster meat with butter 5 minutes. Add flour, seasonings, egg yolks, milk, cream, and egg white. Bake (see Timbales, p. 414). Serve with Lobster Sauce (p. 192). Fills 6 or more molds.

LOBSTER MOUSSE

2-pound live lobster	2 eggs, slightly beaten
$\frac{1}{4}$ cup stale bread crumbs	Cooking sherry
$\frac{1}{2}$ cup cream	Salt and pepper

Split lobster, remove intestinal vein, liver, and stomach. Crack claw shells with mallet, then remove all meat, scraping as close to shell as possible to obtain the color desired. Force meat through

sieve, add bread crumbs, cream, eggs, salt, pepper, and cooking sherry to taste. Fill 8 or more small timbale molds $\frac{2}{3}$ full, place in heavy frying pan, and pour in boiling water to $\frac{2}{3}$ depth of molds. Place buttered paper over molds. Bake (see Timbales, p. 414) or cook on stove until firm, keeping water below boiling point. Remove from molds and serve with Hot Mayonnaise (p. 203).

SWEETBREAD MOUSSE

$\frac{1}{2}$ cup parboiled sweetbread (p. 320), chopped and rubbed through sieve	$\frac{3}{4}$ cup heavy cream
$\frac{1}{3}$ cup breast meat of raw chicken, rubbed through sieve	1 tablespoon butter
1 egg white	1 tablespoon cornstarch
	$\frac{1}{4}$ cup Chicken Stock (p. 151)
	$\frac{1}{3}$ cup parboiled sweetbread, diced
	Salt and pepper

Pound sweetbread and chicken in mortar. Add egg white gradually. Work until smooth, then add cream. Line buttered timbale molds with mixture. Make sauce of butter, cornstarch, and stock; add diced sweetbreads, season with salt and pepper. Put in molds and cover with first mixture. Bake (see Timbales, p. 414) and serve with Suprême Sauce (p. 195) flavored with beef extract or sherry. Fills 8 or more molds.

SWEETBREAD AND MUSHROOM TIMBALES

2 tablespoons butter	$\frac{1}{4}$ cup stale bread crumbs
1 sliced onion	1 red pepper, chopped
$1\frac{1}{2}$ cups chopped mushrooms	$\frac{1}{2}$ teaspoon salt
1 small sweetbread, parboiled and chopped (p. 320)	2 egg yolks, well beaten
1 cup White Sauce (p. 191)	2 egg whites, beaten stiff
	Mushroom Sauce (p. 200)

Cook butter and onion 5 minutes. Add other ingredients. Bake (p. 414). Serve with Mushroom Sauce. Fills 12 or more molds.

MACARONI TIMBALES

Line slightly buttered small molds with boiled macaroni. Cut strips as long as molds are high, and place close together to line inside of mold. Fill with Chicken (p. 139), or Salmon Force meat (p. 139), or timbale mixture. Bake (see Timbales, p. 414), 30 minutes. Serve with Lobster Sauce (p. 192), Béchamel Sauce (p. 193), or Hollandaise (p. 201).

SPAGHETTI TIMBALES

Line bottom and sides of slightly buttered small molds with long strips of boiled spaghetti coiled around the inside. Fill and bake like Macaroni Timbales.

PIMIENTO TIMBALES

Line small Timbale molds with canned pimientos. Fill with Chicken Timbale mixture (p. 414), and bake (see Timbales, p. 414). Remove from molds, insert a sprig of parsley in top of each, and serve with Brown Mushroom Sauce (p. 200). Other fillings may be used.

TRAYMORE TIMBALES

Green peppers	2 egg yolks
$\frac{1}{4}$ cup peeled and chopped mushrooms	2 egg whites, beaten stiff
1 tablespoon butter	Salt, pepper, and paprika
1 tablespoon flour	Mushroom caps, fried in butter
$\frac{1}{4}$ cup cream	Velouté Sauce (p. 194), made with half stock and half cream
	$\frac{1}{2}$ teaspoon beef extract

Melt butter, add chopped mushrooms and flour. Add cream, stir, and cook until thick. Beat in egg yolks, one at a time. Fold in egg whites. Season.

Remove seeds from peppers. Cut in thin strips with scissors, working around and around pepper. Line sides of 6 buttered timbale molds with pepper strips, coiling around and around, and fill with mushroom mixture. Bake (see Timbales, p. 414). Serve on toast with a mushroom cap on top of each and surround with Velouté Sauce to which beef extract has been added.

CHICKEN RING OR LOAF

1 cup soft bread crumbs	$\frac{1}{4}$ teaspoon paprika
2 cups milk	1 teaspoon Worcestershire Sauce
2 eggs, slightly beaten <i>or</i>	3 cups cooked chicken, diced
3 egg yolks	$\frac{1}{2}$ cup celery, cut fine
$\frac{1}{2}$ teaspoon salt	1 green pepper, finely chopped
	Juice of $\frac{1}{2}$ lemon

Mix well, pack into buttered mold, set in pan of hot water, bake in moderately slow oven (325° F.) about 40 minutes. Let stand 10 minutes before unmolding. Serves 6 or more.

MACÉDOINE LOAF

$\frac{1}{2}$ cup Thin White Sauce (p. 192)	$\frac{1}{2}$ cup mushroom caps, cut in strips
$\frac{1}{2}$ cup bread crumbs	1 tablespoon canned pimiento, cut in small pieces
2 egg yolks	$\frac{1}{2}$ cup whipping cream, beaten stiff
1 cup cooked macaroni, in $\frac{1}{2}$ -inch pieces	$1\frac{1}{2}$ teaspoons salt
$\frac{1}{2}$ cup cold, cooked chicken	1 teaspoon parsley, finely chopped
2 egg whites, beaten stiff	

To White Sauce add other ingredients, except egg whites. Stir until thoroughly mixed and fold in egg whites. Bake in buttered mold set in pan of hot water in moderately slow oven (325° F.) 40 to 50 minutes. Serve with Tomato Sauce (p. 198) or White Sauce (p. 191) with mushrooms. Serves 6.

CHAPTER 31

COLD ENTRÉES

Cold entrées may be served as the main dish at luncheon, supper, or evening party, or as a separate course in a formal dinner.

MOLDED CHICKEN

4-pound fowl	½ teaspoon peppercorns
2 quarts cold water	1 tablespoon salt
4 slices carrot	1 teaspoon granulated gelatine,
1 onion, stuck with 8 cloves	soaked in
2 stalks celery	1 teaspoon cold water
Bit of bay leaf	Salt, pepper, celery salt
Lemon juice and onion juice	

Cover fowl with water, add carrot, onion, celery, bay leaf, peppercorns, and salt. Bring quickly to boiling point and simmer until meat is tender. Chop meat fine. Reduce stock to $\frac{3}{4}$ cup, cool, remove fat, reheat, and add soaked gelatine. Add to meat and season. Pack solidly in buttered or oiled molds. Chill. Slice. Serve with Sauterne Jelly (p. 559), beaten with fork until light. Serves 6.

CHICKEN AND ALMOND MOUSSE

1 cup hot Chicken Stock (p. 151)	1 tablespoon cold water
3 egg yolks, slightly beaten	½ cup cooked chicken (white meat)
¼ teaspoon salt	½ cup blanched almonds
¼ teaspoon paprika	1 cup heavy cream, beaten until
1 tablespoon granulated gelatine,	stiff
soaked in	Few grains cayenne

Add salt and paprika to egg yolks. Pour stock over gradually. Cook over hot water until mixture thickens and add gelatine. When gelatine dissolves, strain and add to chicken and almonds, finely chopped, pounded, and forced through a sieve. Season highly with salt and cayenne. Set pan in ice water and stir until mixture begins to thicken; then fold in cream. Turn into mold and chill. Serves 6.

COLD CHICKEN TIMBALES

$\frac{1}{2}$ tablespoon granulated gelatine, soaked in	1 cup chopped, cooked chicken
$1\frac{1}{2}$ tablespoons cold water	1 cup cream, beaten until stiff
$\frac{3}{4}$ cup Chicken Stock (p. 151)	Cayenne
	Lettuce

Dissolve soaked gelatine in Chicken Stock. Add chopped chicken, stir until mixture begins to thicken, and add cream. Season with cayenne and, if desired, cooking sherry. Mold, chill, and serve on lettuce. Serves 6.

SPRING MOUSSE

$\frac{3}{4}$ cup cold, cooked chicken or veal	Salt
1 cup heavy cream	Cayenne
$\frac{1}{2}$ tablespoon granulated gelatine, soaked in	Horse-radish powder
3 tablespoons Chicken Stock (p. 151)	Aspic (p. 425) or Lemon Jelly (p. 558)
Lettuce	

Pound meat in mortar, adding gradually $\frac{1}{2}$ cup cream. Dissolve gelatine over hot water and add to chicken with remaining cream and seasonings. Pour jelly into molds $\frac{1}{3}$ inch deep. When firm, fill molds with meat mixture. Chill. Unmold, and serve on lettuce. Reduce sugar in lemon jelly. Serves 6.

LENOX CHICKEN

1 tablespoon granulated gelatine	1 teaspoon mustard
$\frac{3}{4}$ cup hot Chicken Stock (p. 151)	$\frac{1}{4}$ teaspoon pepper
$\frac{3}{4}$ cup cream	2 tablespoons lemon juice
$1\frac{1}{2}$ cups cooked chicken, diced	1 tablespoon vinegar
$\frac{1}{2}$ tablespoon granulated gelatine	$\frac{1}{2}$ cup hot cream
2 tablespoons cold water	$1\frac{1}{2}$ tablespoons butter
2 egg yolks, slightly beaten	2 egg whites, beaten stiff
1 teaspoon salt	$\frac{1}{2}$ cup cream
$1\frac{1}{2}$ teaspoons sugar	2 cups finely chopped celery

Dissolve 1 tablespoon gelatine in Chicken Stock and strain. When mixture begins to thicken, beat until frothy and add $\frac{3}{4}$ cup cream, beaten until stiff, and chicken dice. Season with salt and pepper, turn into individual molds, and chill. Soak remaining gelatine in cold water, dissolve by standing over hot water, then strain. Add salt, sugar, mustard, lemon juice, vinegar, and hot cream to egg yolks. Cook over hot water until mixture thickens,

add butter and strained gelatine. Add mixture, gradually, to egg whites. When cool, fold in cream, beaten until stiff, and celery. Remove chicken from mold, surround with sauce, and garnish with celery tips. Serves 8 to 12.

CRABS RAVIGÔTE

2 cups crab meat	$\frac{1}{2}$ teaspoon finely chopped
1 teaspoon salt	parsley
$\frac{1}{8}$ teaspoon cayenne	1 hard-cooked egg, finely
1 teaspoon prepared mustard	chopped
1 tablespoon olive oil	3 tablespoons vinegar

Season crab meat with remaining ingredients, mix thoroughly, and arrange in 6 scallop shells; spread evenly with Ravigôte Mayonnaise (p. 491), and garnish with fillets of anchovies, arranged lattice fashion. Serves 6.

COLD HAM MOUSSE, EPICUREAN SAUCE

1 tablespoon granulated gelatine, soaked in	1 teaspoon mixed mustard
1 tablespoon cold water	Few grains cayenne
$\frac{1}{2}$ cup boiling water	$\frac{1}{2}$ cup heavy cream
2 cups chopped, cold, boiled ham	Epicurean Sauce (p. 206)

Dissolve gelatine in boiling water and add to ham, which has been pounded in a mortar. Season with mustard and cayenne, add cream beaten until stiff, and turn into mold, first dipped in cold water. Chill, remove from mold, garnish with parsley, and serve with sauce. Serves 6.

MACKEREL EN MAYONNAISE

2 medium-sized mackerel, cleaned	1 teaspoon peppercorns
$\frac{1}{3}$ cup water	1 teaspoon salt
$\frac{1}{3}$ cup cider vinegar	Bit of bay leaf
$\frac{1}{3}$ cup tarragon vinegar	Mayonnaise (p. 490)
12 cloves	Sliced cucumbers, lemon baskets
	Parsley

Put mackerel in baking dish with water, vinegar, and seasonings. Cover with buttered paper and bake in moderate oven (350° F.).

Arrange on serving dish, skin, cool, and mask with Mayonnaise. Chill, garnish with parsley, cucumbers, and lemon baskets filled with Mayonnaise and sprinkled with chopped parsley.

MOLDED SALMON, CUCUMBER SAUCE

2 cups salmon, cooked or canned	Few grains cayenne
$\frac{1}{2}$ tablespoon salt	2 egg yolks
$1\frac{1}{2}$ tablespoons sugar	$1\frac{1}{2}$ tablespoons melted butter
$\frac{1}{2}$ tablespoon flour	$\frac{3}{4}$ cup milk
1 teaspoon mustard	$\frac{1}{4}$ cup vinegar
	$\frac{3}{4}$ tablespoon granulated gelatine, soaked in 2 tablespoons cold water

Rinse salmon thoroughly with hot water and separate in flakes. Mix dry ingredients, add egg yolks, butter, milk, and vinegar. Cook over boiling water, stirring constantly until mixture thickens. Add soaked gelatine. Strain and add to salmon. Fill molds, chill, and serve with Cucumber Sauce II (p. 208). Serves 6.

MOLDED SALMON, MAYONNAISE

3 slices salmon	1 teaspoon salt
$\frac{1}{2}$ bay leaf	$\frac{1}{4}$ teaspoon pepper
2 cloves	$\frac{1}{4}$ cup vinegar
2 slices lemon	$\frac{1}{4}$ cup white wine, if desired
1 small, sliced onion	1 cup Mayonnaise (p. 490)
6 slices carrot	1 teaspoon granulated gelatine, soaked in
1 sprig parsley	$\frac{1}{2}$ tablespoon cold water

Wipe salmon cut in 2-inch slices (each weighing $\frac{2}{3}$ pound), put in pan, cover with cold water, and add seasonings. Let stand 2 or 3 hours; then cook slowly on top of stove until fish is tender. Take from pan, remove skin and bones, and press, using the hands, to keep in shape. Cool and cover with 1 cup Mayonnaise, to which has been added soaked gelatine, melted over hot water. Serves 6 or 8.

JELLIED VEGETABLES

1 tablespoon granulated gelatine, soaked in	2 tablespoons lemon juice
$\frac{1}{4}$ cup cold water	1 teaspoon salt
1 cup boiling water	1 cup celery, cut in pieces
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ cup shredded cabbage
$\frac{1}{4}$ cup vinegar	$1\frac{1}{2}$ canned pimientos, cut in small pieces

Dissolve soaked gelatine in boiling water. Add sugar, vinegar, lemon juice, and salt. Strain, cool, and, when beginning to stiffen, add vegetables. Serves 6.

Mold and chill.

ASPIC JELLY

Carrot	} 2 tablespoons each, cut in cubes	½ teaspoon peppercorns
Onion		1 bay leaf
Celery		4⅞ cups White or Brown Stock (pp. 144 and 150)
2 sprigs parsley		4 tablespoons granulated gelatine
2 sprigs thyme		Juice 1 lemon
1 sprig savory		3 egg whites, slightly beaten
2 cloves		

In making Aspic Jelly, use as much liquid as the pan which is to contain molded dish will hold, adding other ingredients in proportion. Use Veal or Chicken Stock, if the jelly is to be used for vegetables or white meat. Use Brown Stock for dark meat.

Put vegetables, seasonings, and $\frac{7}{8}$ cup stock in saucepan; cook 20 minutes and strain, reserving liquid. Add gelatine to remaining stock, then add lemon juice and strained liquid. Season with salt and cayenne and add egg whites slowly to mixture, stirring constantly until boiling point is reached and boil 2 minutes. Place over low heat and let stand 30 minutes. Strain through a fine wire strainer placed over a larger fine wire strainer lined with a double thickness of damp cheesecloth.

QUICK ASPIC

1 chicken bouillon cube	1 cup boiling water
1 tablespoon gelatine, soaked in	1 tablespoon lemon juice
2 tablespoons cold water	Salt and pepper

Dissolve bouillon cube in water, add soaked gelatine, lemon juice, salt, and pepper. Strain through double thickness of damp cheesecloth. Aspic-flavored gelatine may be used.

EGG CUSTARD FOR DECORATING MOLD

2 egg yolks, beaten slightly	2 tablespoons milk
2 egg whites, beaten slightly	Few grains salt

Add milk and salt to egg yolks. Strain into buttered cup, put in saucepan, surround with boiling water to half depth of cup, cover, cook over low heat until custard is firm. Cook whites in same way. Cool, cut in thin slices, then in fancy shapes.

TOMATO ASPIC

Use Jellied Mock Bouillon (p. 178) with 1 extra tablespoon gelatine.

BIRDS IN ASPIC

Clean, bone, stuff, and truss a bird (pp. 331-334). Steam over body bones or roast. If roasted, do not dredge with flour. Put a pan in ice water, cover bottom with aspic jelly mixture, and when firm garnish with truffles and egg custard sliced thin and cut in fancy shapes. The smaller the shapes the more elaborate may be the designs. When garnished with small shapes, pieces are so difficult to handle that they should be taken on the pointed end of a larding needle and placed as desired on jelly. Add aspic mixture by spoonfuls, that designs may not be disturbed. When mixture is added, and firm to the depth of $\frac{3}{4}$ inch, place in the bird, breast down. If sides of mold are to be decorated, dip pieces in jelly and they will cling to pan. Add remaining mixture gradually. Squabs, small chicken, capon, or turkey may be put in aspic. In stuffing boned chicken, stuff body, legs, and wings, being careful that too much stuffing is not used, as an allowance must be made for the swelling of cracker crumbs.

Veal or Chicken Force meat for Stuffing Birds.

1 pound raw, lean veal or meat	Salt and pepper
from breast and second	Celery salt
joints of uncooked chicken	Cayenne
$\frac{1}{2}$ cup cracker crumbs	Lemon juice
Hot stock or water	1 egg, slightly beaten

Chop meat fine, add crumbs, stock or water to moisten, seasonings, and egg.

EGGS IN ASPIC

Arrange Stuffed Eggs (p. 364), highly seasoned with Worcestershire Sauce, etc., in shallow serving dish. Pour over Aspic Jelly, flavored with sherry to taste. Chill. Chopped mushrooms, crab meat, caviare, or ham, etc., may be added to stuffing. Serve from dish or turn out onto platter and garnish.

CHAUD-FROID OF BONED CHICKEN

1 chicken	1 cup Sauce Allemande (p. 195)
Veal Force meat (p. 139)	Aspic Jelly (p. 425) or
1 teaspoon granulated gelatine, soaked in	Quick Aspic (p. 425)
1 tablespoon cold water	Green pepper
	Truffles

Bone chicken (p. 334), and pull skin of wings and legs inside. Stuff with forcemeat, sew together, skewer, and tie. Steam gently $2\frac{1}{2}$ to 3 hours. Chill thoroughly in refrigerator (6 hours). Add soaked gelatine to sauce. Cool and pour over chicken. Garnish with truffles cut in shapes and with bits of green pepper. When firm, cover carefully with aspic mixture and chill. Serve on lettuce with tomato cut in eighths, cold, cooked asparagus tips, or celery cut in small pieces and marinated with French Dressing (p. 486). Pour remaining aspic in mold. When firm, cut in cubes, and use as garnish. Cooked chicken shaped in cutlet forms may be served in same way. Serves 6.

Suprême of Chicken, Kettner. Use broilers, split, boned, and steamed or roasted. Do not stuff. Arrange on thin slices of boiled ham, cut to fit. Beside each broiler put 3 cooked asparagus tips. Pour over sauce as above, chill, and cover with aspic, etc. This dish may be prepared in a silver or china serving dish that may be brought to the table.

CHAUD-FROID OF EGGS

6 hard-cooked eggs	2 tablespoons chopped, raw mushrooms
$\frac{1}{8}$ cup cooked chicken, finely chopped	$\frac{1}{2}$ tablespoon chopped truffles
2 tablespoons cooked ham, finely chopped	Spanish Sauce (p. 198)
	Truffles cut for garnishing
	Aspic (p. 425)
	Watercress

Cut eggs in halves lengthwise. Remove yolks, rub through sieve, and add chicken, ham, mushrooms, and chopped truffle. Moisten with sauce and refill whites. Mask eggs with sauce, garnish with truffles. Brush over with aspic. Vary stuffing as desired, using chopped shrimp, crab meat or lobster, and seasoning with anchovy essence, Worcestershire sauce or other relish. Serves 6.

EGGS À LA MIMOSA

Hard-cooked eggs Chopped lobster, crab meat, or ham
Mayonnaise (p. 490)

Cut eggs in halves, lengthwise. Remove yolks and force through strainer. Fill whites with lobster, crab, or ham. Pour Mayonnaise over it and sprinkle with egg yolk.

STUFFED OLIVES IN ASPIC

Place small molds in pan of ice water and pour in Aspic Jelly mixture (p. 425) $\frac{1}{4}$ inch deep. When firm, put a stuffed olive in each mold (keeping olives in place by means of small wooden skewers) and add aspic by spoonfuls until molds are filled. Chill thoroughly, remove to circular slices of liver sausage, garnish with green butter forced through a strainer, and red peppers cut in fancy shapes.

Green Butter. Mix yolk 1 hard-cooked egg, 2 tablespoons butter, 1 sprig parsley, 1 sprig tarragon, 1 small shallot, $\frac{1}{2}$ teaspoon anchovy paste, 1 teaspoon capers, and 1 teaspoon chopped gherkins, and pound in a mortar; then rub through a very fine sieve. Season with salt and pepper and add a few drops vinegar.

TOMATOES IN ASPIC

Peel 6 small firm tomatoes and remove pulp, having opening in tops as small as possible. Sprinkle insides with salt; invert and let stand 30 minutes. Fill with vegetable or chicken salad. Cover tops with Mayonnaise (p. 490), to which has been added a small quantity dissolved gelatine, and garnish with capers and sliced pickles. Place a pan in ice water, cover bottom with Aspic Jelly (p. 425) mixture, let stand until firm. Arrange tomatoes on jelly, garnish side down. Add more Aspic Jelly mixture, let stand until firm, and so continue until all is used. Chill thoroughly, turn on a serving dish, and garnish around base with parsley. Serves 6.

TONGUE IN ASPIC

Remove skin and roots from cooked tongue (p. 322). Run skewer through tip of tongue and fleshy part, thus keeping tongue in shape. When cool, remove skewer. Put a round pan in ice

water, cover bottom with brown Aspic Jelly (p. 425), and when firm, decorate with cooked carrot, turnip, beet cut in fancy shapes, and parsley. Cover with Aspic Jelly mixture, adding it by spoonfuls so as not to disarrange vegetables. When this layer of mixture is firm, put in tongue, adding gradually remaining mixture, as in Tomatoes in Aspic. Tongue may be sliced and put in mold in layers. Serves 6 to 8.

CHAPTER 32

POTATOES

Potatoes are best in the fall and keep well through the winter. By spring the starch is partially changed to dextrin, giving the potatoes a sweetness, and when cooked a waxiness. The same change takes place when potatoes are frozen. To prevent freezing, keep a pail of cold water standing near them.

Potatoes keep best in a cool, dry cellar, in barrels, or piled in a bin. When sprouts appear they should be removed; receiving their nourishment from the starch, they deteriorate the potato.

Sweet Potatoes. Sweet potatoes, although analogous to white potatoes, are fleshy roots of the plant, belong to a different family (*Convolvulus*), and contain more sugar and more fat than white potatoes. Yams are sweeter and juicier than the more common variety.

BAKED POTATOES

Select smooth, medium-sized potatoes. Wash with vegetable brush, dry, and place in dripping pan. Bake 40 minutes or until soft, in very hot oven (450°–500° F.), remove from oven, and serve at once. If they must stand, break skin for escape of steam. If skins are to be eaten, potatoes may be rubbed with butter or bacon fat or cooking oil before baking.

STUFFED BAKED POTATOES

3 large flat potatoes	1 tablespoon hot milk <i>or</i>
1 tablespoon butter	Tomato Purée (p. 191)
Salt and pepper	

Small potatoes may be used, two halves to a serving. Bake potatoes (see above). Remove from oven, cut in halves lengthwise, scoop out inside. Mash, add butter, salt and pepper, and milk. Refill shells; bake 5 to 8 minutes in very hot oven (450° F.). To give a glazed appearance, add 1 well-beaten egg white to potato mixture before refilling.

With Cheese. Add $\frac{1}{2}$ cup grated cheese to potato mixture before refilling. Sprinkle top with grated cheese.

With Peppers. Cook 1 tablespoon finely chopped green pepper 3 minutes in butter. Add to potato mixture before refilling.

Anchovied Stuffed Potatoes. Cut 6 anchovies in small pieces and season with few gratings nutmeg. Add to potato mixture. Sprinkle with grated cheese and bake.

BAKED POTATOES, HOTEL STYLE

Cut 2 crossed gashes across baked potato. Pinch potato to open cut. Put a bit of butter in opening and sprinkle with paprika.

MARTINIQUE POTATOES

4 baked potatoes	1 egg yolk, slightly beaten
$1\frac{1}{2}$ tablespoons butter	Salt and pepper
3 tablespoons cream	Few gratings nutmeg
1 egg white, beaten to stiff froth	

Remove inside of potatoes and force through ricer. Add butter, cream, egg yolk, and seasonings. Cook 3 minutes, stirring constantly. Add egg white gradually. Shape between 2 buttered tablespoons, place on buttered sheet, and bake until delicately browned.

BOILED POTATOES

Select potatoes of uniform size, or shape in balls with French vegetable cutter. Scrub thoroughly. Pare or not (to retain full vitamin content, peel after cooking). If pared, drop into cold water to prevent discoloration. Cook in boiling, salted water to cover until soft. For 7 potatoes allow 1 tablespoon salt. Drain and keep uncovered in warm place until serving time. Do not serve in covered dish. In boiling large potatoes, it often happens that outside is soft, while center is underdone. To finish cooking without potatoes breaking apart, add 2 cups cold water (to drive heat to center), and continue cooking until potatoes are soft in center.

Steamed Potatoes. Prepare as above and cook over boiling water 45 minutes or until done.

Riced Potatoes. Force hot boiled potatoes through potato ricer or coarse strainer. Serve piled lightly in a hot vegetable dish.

MASHED POTATOES

5 hot boiled or baked potatoes	1 teaspoon salt
3 tablespoons butter	Few grains pepper
$\frac{1}{8}$ cup hot milk	

Rice potato and add other ingredients. Beat with fork until creamy, reheat, and pile lightly in hot dish.

Potato Omelet. Grease hot omelet pan with 1 tablespoon butter, turn in mashed potatoes, spread evenly, cook slowly until browned underneath, and fold like an omelet.

Savory Potatoes. Beat in 1 tablespoon chopped watercress and 1 teaspoon finely cut mint leaves.

CHANTILLY POTATOES

3 cups mashed potatoes	$\frac{1}{2}$ cup grated cheese
$\frac{1}{2}$ cup heavy cream, beaten until stiff	Salt and pepper

Pile potatoes on baking dish. Add cheese to cream and season. Spread over potatoes and bake in moderate oven (350° F.) until delicately brown. Serves 6.

POMME FONDANTE

3 $\frac{1}{2}$ cups mashed potatoes	$\frac{1}{2}$ cup heavy cream
$\frac{3}{4}$ cup coarse, stale bread crumbs	

Turn potatoes into buttered baking dish. Pour cream over. Sprinkle with crumbs. Bake in hot oven (425° F.) until crumbs are brown.

SPANISH POTATOES

3 cups hot riced potatoes	Salt
3 tablespoons butter	1 $\frac{1}{2}$ canned pimientos, puréed
$\frac{1}{2}$ cup cream	or cut in small pieces

Add butter, cream, and salt to potatoes. Beat vigorously 5 minutes. Add pimiento and beat until well blended. Reheat.

DUCHESS POTATOES

2 cups hot, riced potatoes	$\frac{1}{2}$ teaspoon salt
2 tablespoons butter	3 egg yolks, slightly beaten

Add butter, salt, and egg yolks to potato. Beat. Shape, using pastry bag and tube, in form of baskets, pyramids, crowns, leaves, roses, etc. Brush over with beaten egg diluted with 1 teaspoon water and brown in hot oven (425° F.).

POTATO BORDER

Place buttered mold on platter, build around it a wall of hot Mashed Potatoes (using 9 potatoes), 3½ inches high and 1 inch deep. Smooth and crease with case knife, or decorate with potato forced through pastry bag and tube. Remove mold, fill with creamed meat or fish, and reheat in oven before serving.

MAÎTRE D'HÔTEL POTATOES

2 cups potato cubes or balls Maître d'Hôtel Butter (p. 204)

Boil potatoes, drain, and add Maître d'Hôtel Butter.

HONGROISE POTATOES

3 cups potatoes, pared and cut in ½-inch cubes	1 cup White Sauce (p. 191) <i>or</i> White Sauce with Egg (p. 191)
½ cup butter	Few drops onion juice
Finely chopped parsley	

Parboil potatoes 3 minutes. Drain, add butter, and cook slowly until potatoes are soft and slightly browned. Season sauce with onion juice, pour over potatoes, and sprinkle with parsley.

PITTSBURGH POTATOES

1 quart ½-inch potato cubes	2 cups White Sauce (p. 191)
1 onion, finely chopped	½ pound mild cheese (1 cup grated)
3 canned pimientos, cut in small pieces	½ teaspoon salt

Cook potatoes and onion in boiling, salted water to cover, 5 minutes. Add pimientos and cook 7 minutes. Drain. Turn into buttered baking dish and pour on sauce, mixed with cheese and salt. Bake in moderate oven (350° F.) until potatoes are soft.

PARSLEY OR PERSILLADE POTATOES

1½ pounds small new potatoes, boiled	½ cup finely chopped parsley
Melted butter	Juice ½ lemon

Add lemon juice to butter and pour over potatoes. Roll potatoes in parsley.

POTATOES À LA HOLLANDAISE

3 cups potatoes, sliced or cut in fancy shapes	1 tablespoon lemon juice
Chicken Stock (p. 151)	½ teaspoon salt
½ cup butter	Few grains cayenne
	½ tablespoon finely chopped parsley

Cook potatoes in stock to cover. Drain. Cream butter, add lemon juice, salt, and cayenne. Add to potatoes, cook 3 minutes, and add parsley.

GERMAN FRIED POTATOES

Wash, pare, and slice potatoes thin, using vegetable slicer. Let stand ½ hour in cold water; drain and dry between towels. Heat fat in heavy frying pan, lay in potatoes, sprinkle with salt, cover pan closely, and cook slowly until tender and brown. If desired, cook finely chopped onion with potatoes. Stir and turn occasionally.

Chambéry Potatoes. Pare and slice as above, then arrange in layers in well-buttered shallow baking dish. Season each layer with salt and pepper and brush over with melted butter. Bake in moderate oven (350° F.) until soft and well browned.

HASHED BROWN POTATOES I

2 cups chopped or diced raw potatoes	Few grains pepper
3 tablespoons fat	Minced parsley, onion juice
1 teaspoon salt	or grated onion, if desired

Melt fat, add potatoes and seasonings. Cook until tender. Stir and lift from bottom, so that potatoes will not stick. Add more fat as needed. When tender, brown on bottom, turn and fold onto serving dish like an omelet.

SCALLOPED POTATOES

4 potatoes, pared, cut in
1/4-inch slices
Salt and pepper

Flour for dredging
1 tablespoon butter
Milk

Put layer of potatoes in buttered baking dish, sprinkle with salt and pepper, dredge with flour, and dot over with half the butter; repeat. Add milk until it may be seen through top layer; bake 1 1/4 hours in moderate oven (350° F.) or until potato is soft.

POTATOES EN CASSEROLE

Wash and pare smooth round potatoes of uniform size. Cover with cold water and let stand 2 hours. Drain, put in casserole dish, sprinkle with salt, and add butter, allowing 1 teaspoon to each potato. Cover and bake until soft (about 45 minutes), turning every 15 minutes.

ANNA POTATOES

Wash and pare medium-sized potatoes. Cut lengthwise in 1/4-inch slices, and fasten in fan shapes, with small wooden skewers (toothpicks), allowing 5 slices of potato to each skewer. Parboil 10 minutes, drain, then place in dripping pan, and bake in hot oven (400° F.) until soft, basting every 3 minutes with butter or some other fat.

FRANCONIA POTATOES

Pare potatoes of uniform size and parboil 10 minutes; drain and place in pan in which meat is roasting. Bake until soft (about 40 minutes), basting every 10 minutes with fat in pan.

BRABANT POTATOES

Pare small potatoes and parboil 10 minutes. Drain, bake until soft, basting 3 times with melted butter.

BROILED NEW POTATOES

Pare small potatoes and parboil 10 minutes. Drain, brush with melted butter, and broil until done, turning to brown evenly.

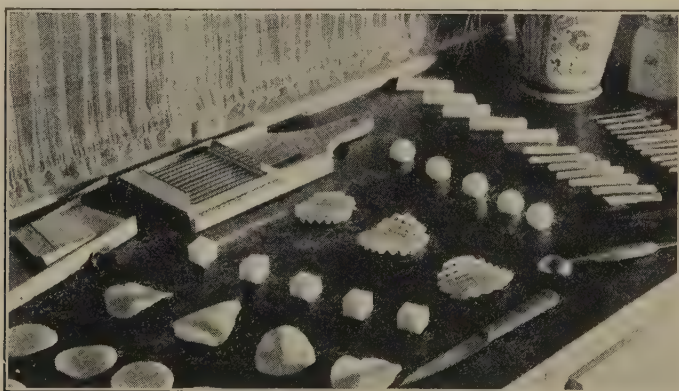
OVEN-FRIED POTATOES

Wash, pare, and cut potatoes in eighths, lengthwise. Soak 1 hour in cold water. Dry between towels. Dip in melted butter and bake in hot oven (400° F.) until delicately brown, turning occasionally. Sprinkle with salt. Shake off superfluous salt. Bacon fat may be used in place of butter.

POTATO PANCAKES

3 medium-sized raw potatoes	1 tablespoon cream
1 tablespoon flour	1 egg
1 teaspoon salt	

Grate potatoes, add other ingredients. Stir well. Cook by spoonfuls in heavy frying pan in hot fat.



Potatoes Cut in Various Ways for Frying

FRENCH FRIED POTATOES

Wash and pare small potatoes, cut with special potato cutter or cut in eighths lengthwise. Soak 1 hour in cold water to cover. Drain. To reduce time of frying, parboil 2 minutes in boiling salted water to cover. Drain and plunge into cold water. Dry between towels. Fry a few at a time in deep fat (370° F.) until delicately browned, and drain on brown paper. Heat fat to a higher temperature (395° F.), return all potatoes to fat, using frying basket, and fry until crisp and brown, keeping the basket in motion. Again drain on brown paper and sprinkle with salt.

Potato Balls or Marbles. Shape in balls, using French vegetable cutter. Soak 15 minutes in cold water. Dry and fry.

Shadow Potatoes (Saratoga Chips). Slice as thin as possible (using vegetable slicer). Soak 2 hours in cold water, changing water twice. Dry and fry.

Julienne or Shoestring Potatoes. Cut in matchlike pieces. Soak, dry, and fry.

Fried Potato Cubes. Shape in cubes, soak, dry, parboil, and fry.

Lattice Potatoes. Slice with special vegetable cutter.

Fried Potatoes, Bourgoyne. Melt $\frac{3}{4}$ tablespoon butter in hot, heavy frying pan. Add $\frac{3}{4}$ teaspoon finely cut chives and 3 cups French Fried Potatoes. Stir over heat until fat is absorbed.

O'BRIEN POTATOES

3 cups French Fried Potato Cubes	1½ tablespoons butter
1 slice onion	3 canned pimientos, cut in small pieces
	Finely chopped parsley

Cook onion in butter 3 minutes. Remove onion and add pimientos to butter. Heat thoroughly, add potatoes. Stir until well mixed. Serve sprinkled with parsley.

PRINCESS POTATOES

3 cups Fried Potato Cubes	½ tablespoon lemon juice
1 cup White Sauce (p. 191)	1 teaspoon finely chopped parsley
1 teaspoon beef extract	1 tablespoon butter

Add beef extract, lemon juice, parsley, and butter, bit by bit, to sauce. Add potatoes and serve at once.

POTATOES RISSOLÉE

Pare, soak, dry, and fry small new potatoes in deep fat at 375° F. until delicately brown, drain and bake in hot oven (425° F.) until soft (about 25 minutes). Pour on 1 cup White Sauce (p. 191) made with milk or cream.

FRIED POTATO APPLES

Choose tiny new potatoes or cut large ones in shape of small crab apples. Pare, soak, parboil 2 minutes, dry, and fry like French Fried Potatoes. Insert clove to represent blossom end and parsley for stem and leaf. Dust with paprika.

SOUFFLÉED POTATOES

Cut Idaho potatoes in even slices, $\frac{1}{8}$ inch thick, using a vegetable slicer. Do not use end of potatoes as the evenness is important for a perfect puff. Potatoes may be cut in rounds with a small biscuit cutter if slices seem large. Have 2 kettles of fat, one heated to 275° F., the other to 425° F. Fry potatoes, a few at a time at the lower temperature for 3 minutes. Keep well submerged all of this time and turn at least once. At the end of the 3 minutes, lift in wire basket and put immediately into the 425° F. kettle. The potatoes will puff instantly. Continue to fry until delicately brown. Remove, drain on brown paper in a 350° F. oven until all are ready for serving. Salt and serve immediately.

POTATO CROQUETTES

2 cups hot, riced potatoes	$\frac{1}{4}$ teaspoon celery salt
2 tablespoons butter	Few grains cayenne
$\frac{1}{2}$ teaspoon salt	Few drops onion juice
$\frac{1}{8}$ teaspoon pepper	1 egg yolk
1 teaspoon finely chopped parsley	

Mix ingredients in order given, and beat thoroughly. Shape, crumb, fry 1 minute, and drain (see Croquettes, p. 397).

Fried Potato Balls. Omit egg yolk. Shape mixture in small balls, and roll in flour.

FRENCH POTATO CROQUETTES

2 cups hot, riced potatoes	3 egg yolks
2 tablespoons butter	$\frac{1}{2}$ teaspoon salt
Few grains cayenne	

Mix ingredients in order given and beat thoroughly. Shape in balls, then in rolls, pointed at ends. Roll in flour; mark in three places on top of each with knife-blade to represent a small French loaf. Fry (see Croquettes, p. 397).

Piedmont Potato Croquettes. Shape in balls (1 tablespoon to each), roll in flour, dip in egg, and roll in blanched and shredded almonds. Fry.

POTATO APPLES

2 cups hot, riced potatoes	Few grains cayenne
2 tablespoons butter	Slight grating nutmeg
$\frac{1}{8}$ cup grated cheese	2 tablespoons thick cream
$\frac{1}{2}$ teaspoon salt	2 egg yolks

Mix ingredients in order given and beat thoroughly. Shape like small apples, roll in flour, egg, and crumbs, and fry (see Croquettes, p. 397). Insert a clove at both stem and blossom end of each apple.

POTATO FRITTERS

2 cups hot, riced potatoes	Few gratings nutmeg
2 tablespoons cream	3 eggs, well beaten
2 tablespoons wine	2 egg yolks, well beaten
1 teaspoon salt	$\frac{1}{2}$ cup flour
Few grains cayenne	

Add cream, wine, and seasonings to potatoes. Add eggs, place bowl containing mixture in pan of ice-water, and beat until cold. Add flour, and when well mixed, drop by spoonfuls in deep fat, and fry (see Croquettes, p. 397).

POTATO AND SPINACH CROQUETTES

2 cups hot, riced potatoes	2 egg yolks, slightly beaten
2 tablespoons butter	$\frac{1}{4}$ cup cooked spinach, finely chopped
Salt and pepper	

Mix ingredients. Shape and fry (see Croquettes, p. 397).

NUT AND POTATO CROQUETTES

2 cups hot, riced potatoes	1 egg yolk
3 tablespoons cream	$\frac{1}{4}$ cup bread crumbs
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup cream
$\frac{1}{8}$ teaspoon pepper	$\frac{1}{2}$ egg yolk
Few grains cayenne	$\frac{1}{4}$ teaspoon salt
Few drops onion juice	$\frac{1}{8}$ cup chopped pecan nut meats

Mix first 7 ingredients and beat thoroughly. Cook bread crumbs with cream to make a thick paste, and cool; then add remaining ingredients. Shape potato mixture in nests, fill with nut mixture, cover with potato mixture, roll until of the desired length, and flatten ends. Crumb and fry (see Croquettes, p. 397). Stand in circular form on serving dish and fill center with a bunch of parsley.

BAKED SWEET POTATOES

Scrub. Bake until soft in moderately hot oven (375° F.).

FRANCONIA SWEET POTATOES

Pare. Parboil 10 minutes. Drain. Roast in pan with meat (about 40 minutes). Baste every 10 minutes with fat in pan.

BOILED SWEET POTATOES

Scrub thoroughly. Cover with boiling water. Add 1 tablespoon salt for 7 potatoes. Cook 20 minutes or until soft. Peel after cooking.

MASHED SWEET POTATOES

2 cups riced sweet potatoes
3 tablespoons butter

$\frac{1}{2}$ teaspoon salt
Hot milk or orange juice to moisten

Mix ingredients and beat until light. Serves 6.

Sweet Potato Puff. Beat in 1 egg or 2 egg yolks or whites. Pile lightly on buttered baking dish. Bake 15 minutes in hot oven (450° F.).

Mashed Sweet Potatoes de Luxe. Add $\frac{1}{2}$ cup drained, crushed pineapple or $\frac{1}{2}$ cup chopped pecan nut meats. Put in buttered baking dish, dot over with marshmallows. Bake in moderately hot oven (375° F.) until marshmallows melt and brown.

Sweet Potatoes, Georgian Style. Put in buttered baking dish, leaving a rough surface. Boil 2 tablespoons molasses and 1 teaspoon butter 5 minutes and pour over potatoes. Bake in hot oven (400° F.) until delicately brown.

SHERRIED SWEET POTATOES

6 medium-sized sweet potatoes
Salt

2 tablespoons butter
Cream to moisten

Sherry

Bake potatoes, scoop out inside, and add salt, butter, and cream. Flavor with sherry to taste. Refill skins and bake 5 minutes in hot oven (425° F.). Serves 6.

CANDIED SWEET POTATOES I

6 boiled sweet potatoes	$\frac{1}{2}$ cup melted butter
1 cup brown sugar	Salt

Drain, peel, and cut potatoes in halves lengthwise. Arrange in buttered baking dish, sprinkling each layer with sugar. Pour over butter and sprinkle with salt. Bake 2 hours in slow oven (300° F.). Brown top in broiling oven. Serves 6.

CANDIED SWEET POTATOES II

6 medium-sized sweet potatoes	$\frac{1}{2}$ cup brown sugar
$\frac{1}{4}$ cup butter	$\frac{1}{4}$ cup water

Boil potatoes, pare, and cut in halves lengthwise. Heat butter and brown sugar in heavy frying pan. Add potatoes, turn until brown on both sides. Add water, cover closely, reduce heat, and cook until tender and delicately brown. Serves 6.

GLAZED SWEET POTATOES

6 boiled sweet potatoes	$\frac{1}{2}$ cup water
1 cup brown sugar	2 tablespoons butter

Boil sugar and water 5 minutes. Add butter. Pare potatoes, slice, and arrange in buttered baking dish. Pour over $\frac{1}{3}$ sirup and bake until brown in moderate oven (350° F.), basting twice with remaining sirup. Maple sirup or canned fruit juice may be used in place of sugar sirup. Serves 6.

SWEET POTATOES AU GRATIN

5 cups boiled sweet potatoes, sliced	3 tablespoons brown sugar
Salt and pepper	1 tablespoon sugar
	Buttered cracker crumbs

Put layer of potatoes in baking dish. Sprinkle with salt, pepper, and sugar. Dot over with butter. Repeat; cover with crumbs. Bake until crumbs are brown.

SWEET POTATOES EN BROCHETTE

Wash and pare potatoes, and cut in $\frac{1}{3}$ -inch slices. Arrange on skewers in groups of 3 or 4, parboil 6 minutes, and drain. Brush over with melted butter, sprinkle with brown sugar, and bake in hot oven (425° F.) until well browned.

SWEET POTATO BALLS OR CROQUETTES

2 cups hot, riced sweet potatoes	$\frac{1}{2}$ teaspoon salt
3 tablespoons butter	Few grains pepper
1 egg, slightly beaten	

Combine ingredients, shape in small balls or croquettes, roll in flour or dip in crumbs, egg, and crumbs, and fry (see Croquettes, p. 397). If potatoes are very dry, add hot milk to moisten.

With Almonds. Add to mixture $\frac{1}{4}$ cup chopped almonds, $\frac{1}{8}$ teaspoon nutmeg, and 1 teaspoon sugar.

SCALLOPED SWEET POTATOES AND APPLES

2 cups boiled sweet potatoes, cut in $\frac{1}{4}$ -inch slices	$1\frac{1}{2}$ cups sour apples, sliced thin
$\frac{1}{2}$ cup brown sugar	4 tablespoons butter
	1 teaspoon salt

Put half the potatoes in buttered baking dish, cover with half the apples, sprinkle with half the sugar, dot over with half the butter, and sprinkle with half the salt. Repeat. Bake 1 hour in moderate oven (350° F.). Serves 6.

CREAMED SWEET POTATOES, CLUBHOUSE STYLE

2 cups cold, boiled sweet potatoes, cubed	$\frac{1}{8}$ teaspoon black pepper
2 tablespoons butter	Few grains paprika
$\frac{1}{2}$ teaspoon salt	2 tablespoons flour
	1 cup top milk

Cook potatoes with butter 3 minutes. Add seasonings, sprinkle with flour, and pour on milk. Cook very slowly 20 minutes.

WAYS TO USE COOKED POTATOES
POTATO CAKES

Shape cold mashed potato in small cakes and roll in flour. Butter hot omelet pan, put in cakes, brown one side, turn, and brown other side, adding butter as needed to prevent burning. Or, pack potato in small buttered pan and set aside until ready for use. Turn from pan, cut in slices, roll in flour, and cook as above.

CREAMED POTATOES

1 $\frac{1}{4}$ cups cold, boiled or baked potatoes, cubed 2 cups White Sauce (p. 191)

Add potatoes to sauce. Let stand 30 minutes in double boiler over hot water. Add, if desired, chopped green pepper cooked 5 minutes in butter, pimienta cut in small pieces, chopped parsley, or grated cheese. If baked potatoes are to be used, take them from oven while they are still firm. Serves 6.

Potatoes au Gratin. Put in buttered baking dish, cover with buttered crumbs, and bake until crumbs are brown.

Delmonico Potatoes. To Potatoes au Gratin add $\frac{1}{3}$ cup grated mild cheese, arranging potatoes and cheese in alternate layers before covering with crumbs.

POTATOES À L'ANTLERS

2 cups boiled potatoes, cubed Salt and paprika
2 tablespoons butter 1 cup cream

Put potatoes and butter in saucepan. Sprinkle with salt and paprika. Add cream, cook slowly 40 minutes. Serves 6.

CURRIED POTATOES

$\frac{1}{4}$ cup butter $\frac{1}{2}$ to $\frac{3}{4}$ cup Chicken Stock (p. 151)
1 small onion, finely chopped $\frac{1}{2}$ tablespoon curry powder
3 cups cold, boiled potato cubes $\frac{1}{2}$ tablespoon lemon juice
Salt and pepper

Cook onion in butter until yellow. Add potatoes and cook until butter is absorbed. Add stock and seasonings. Cook until potatoes have absorbed stock. Serves 6.

POTATOES À LA GOLDENROD

2 cups cold, boiled potatoes, cubed 4 hard-cooked eggs
1 $\frac{1}{2}$ cups White Sauce (p. 191)

Chop egg whites. Force egg yolks through strainer or ricer. Add potatoes and egg whites to sauce. Sprinkle with yolks and garnish with parsley. Serves 6.

HASHED BROWN POTATOES II

2 cups cold, boiled potatoes,
chopped fine
 $\frac{1}{8}$ teaspoon pepper

Salt
 $\frac{1}{3}$ cup bacon fat or fat tried
out from fat salt pork

Mix thoroughly. Cook 3 minutes, stirring constantly. Brown, fold like an omelet. Add chopped green pepper, if desired. Serves 4.

COTTAGE-FRIED POTATOES

Dice or slice cold, boiled potatoes. Season with salt and pepper. Brown both sides in well-greased, heavy frying pan.

CHARTREUSE POTATOES

Cut cold, boiled potatoes in $\frac{1}{4}$ -inch slices, sprinkle with salt, pepper, and a few drops onion juice, put slices together in pairs, dip in Batter I (p. 392), fry in deep fat (395° F.), and drain on brown paper.

LYONNAISE POTATOES I

3 tablespoons butter
1 small onion, sliced thin

3 cold, boiled potatoes, sliced
Salt and pepper

Cook onion in butter 5 minutes. Add potatoes, sprinkle with salt and pepper, and stir until well mixed. Cover and cook slowly until potato is brown underneath, fold, and turn on to hot platter. Potatoes brown better if 2 tablespoons Brown Stock (p. 144) are added. Sprinkle with finely chopped parsley, if desired. Serves 4.

LYONNAISE POTATOES II

2 cups cold, boiled potatoes, sliced
1 tablespoon finely chopped onion
 $\frac{1}{2}$ tablespoon finely chopped parsley

$3\frac{1}{2}$ tablespoons butter
Salt and pepper

Cook onion in $1\frac{1}{2}$ tablespoons butter. Melt remaining butter, add salt, pepper, and potatoes, and cook until butter is absorbed, occasionally shaking pan. Add onion and when well mixed, parsley. Serves 6.

OAK HILL POTATOES

4 cold, boiled potatoes, sliced	Salt and pepper
6 hard-cooked eggs, sliced	Thin White Sauce (p. 192)
Buttered cracker crumbs	

Put layer of potatoes in buttered baking pan, sprinkle with salt and pepper, cover with layer of eggs. Repeat and pour over sauce. Cover with crumbs and bake until crumbs are brown. Serves 6.

ALPHONSO POTATOES

2 cups cold, cooked potatoes, cubed	$\frac{1}{2}$ teaspoon salt
1 green pepper	$1\frac{1}{2}$ tablespoons grated Parmesan
$\frac{3}{4}$ cup milk	cheese

Remove seeds from pepper. Parboil pepper 6 minutes. Cut in $\frac{1}{8}$ -inch squares. Add to potato with milk and salt. Simmer 15 minutes. Put in buttered baking dish. Sprinkle with cheese. Bake 10 minutes. Serves 6.

CHAPTER 33

VEGETABLES

Wash all vegetables thoroughly before cooking. Warm water does the work more quickly than cold, but vegetables should not be allowed to stand in warm water. A small brush is a help in cleaning other than leafy vegetables.

Use boiling water. Add salt when vegetables are half done. Retain the cooking water since it contains valuable vitamins which would otherwise be lost, reducing it if a stronger stock is desired.

Cook **leafy vegetables** uncovered to preserve bright color. Use only as much water as is necessary to prevent burning.

Cook **root vegetables** in water to cover.

Cook **strong-juiced vegetables**, such as onions, cauliflower, and cabbage, in kettle without cover, in water deep enough to cover. To absorb some of the odor, wrap a piece of bread in cheesecloth and place in kettle during cooking.

In cooking vegetables which are not young and tender, add from 1 to 3 teaspoons sugar to cooking water. This restores some of the original sweetness.

Soda is not desirable in cooking vegetables since it has been found to destroy certain vitamins, but if the vegetables are old and somewhat tough, a tiny bit of soda will shorten the cooking time and intensify the color.

Vegetables may be cooked in boiling water, steamed over boiling water, cooked in pressure cooker, or in oven in covered dishes with a small amount of water. The pressure cooker is the quickest method, reducing the time by fifty per cent or more, according to the pressure used. Directions are supplied with each pressure cooker. Oven cooking is often an economy, since the vegetables may be cooked while roasting or baking other foods. Any temperature from 250° F.-500° F. may be used.

TIME-TABLE FOR COOKING VEGETABLES

(Boiled or Steamed)

Time for cooking the same vegetables varies according to freshness and age. Therefore, time-tables for cooking serve only as guides. Cook quick-frozen vegetables according to instructions on box.

Artichokes, French	25-40 minutes	Dasheens	25-35 minutes
Artichokes, Jerusalem	25-35 minutes	† Eggplant	15-20 minutes
Asparagus	15-30 minutes	Endive	10 minutes
* Beans, string	30 min.-1 hour	* Fennel	20-45 minutes
Beans, Lima	30-45 minutes	Greens	20-40 minutes
Beets, young	35-60 minutes	Kale	25-30 minutes
* Beets, old	3-4 hours	Kohl-rabi	25-45 minutes
Broccoli	15-30 minutes	Leeks	15-35 minutes
Brussels Sprouts	15-30 minutes	Lentils	3-4 hours
Cabbage	10-20 minutes or 1 hour	Marrow, vegetable	15-20 minutes
Carrots, young, whole	20 minutes	Okra	20-40 minutes
* Carrots, old, sliced	20-30 minutes	* Onions	20-45 minutes
Cauliflower in florets,	8-10 minutes	Oysterplant or Salsify	45-60 minutes
whole	20-30 minutes	* Parsnips	30-45 minutes
Celeriac	15-20 minutes	Peas	15-40 minutes
Celery	20-35 minutes	Peppers, green	5 minutes
Chayote	20-35 minutes	Radishes	20 minutes
Corn, green	10-20 minutes	Salsify (see Oysterplant)	
Cucumbers	10-15 minutes	Spinach	15-25 minutes
Chard, Swiss	20-40 minutes	Squash, summer	15-20 minutes
		† Squash, winter	30-40 minutes
		† Tomatoes	15-25 minutes
		* Turnips	20-35 minutes
		Yams (see sweet potatoes)	

* Or until tender

† Baked, see recipes

FRENCH OR GLOBE ARTICHOKES

Allow one to a person. Cut off stem close to leaves, remove outside leaves, cut off 1 inch from top. Tie with string to keep shape. Soak $\frac{1}{2}$ hour in cold water. Drain and cook in boiling, salted, acidulated water 25 minutes to 1 hour, according to size. Drain upside down, remove string, and cut out choke (the thistlelike

portion inside the artichoke). Serve with melted butter, Béchamel (p. 193), Hollandaise (p. 201), Vinaigrette (p. 206), or Béarnaise (p. 202) Sauce.

Stuffed Artichokes. Have artichokes slightly underdone. Remove choke and fill with Chicken Force meat I or II (p. 139), and bake 30 minutes in moderate oven (350° F.), basting twice with Thin White Sauce (p. 192). Remove to serving dish and pour sauce over them.

ARTICHOKE BOTTOMS

Remove all leaves and choke. Trim and cook until soft in boiling, salted, acidulated water. Serve with Hollandaise (p. 201), or Béchamel Sauce (p. 193).

SAUTÉED ARTICHOKE BOTTOMS

Wash and drain fresh or canned artichoke bottoms. Sauté in butter until delicately brown on both sides. Sprinkle with salt, pepper, and lemon juice.

JERUSALEM ARTICHOKE

Wash and pare 1 pound (for 6 persons). Cook whole, or sliced, in boiling, salted water until soft (15 to 35 minutes). Drain, add $\frac{1}{4}$ cup butter, 2 tablespoons lemon juice, 2 tablespoons finely chopped parsley, $\frac{1}{4}$ teaspoon salt, and few grains cayenne. Cook 3 minutes.

ASPARAGUS

Allow a 2-pound bunch for 6 persons. Cut off lower parts of stalks as far down as they will snap, wash, remove scales, and retie bunch. Cook, standing upright, in boiling, salted water 15 minutes or until soft, leaving tips out of water first 10 minutes. Drain, remove string, and spread with soft butter, or pour on melted butter, Beurre Noir (p. 203), Hollandaise (p. 201), or Mousseline Sauce (p. 195). Serve on buttered toast, with or without sauce.

If desired, cut in inch pieces for boiling, cooking tips a shorter time. Pour melted butter over tips.

Creamed Asparagus. Cut in inch pieces and serve in White Sauce (p. 191), Cream Sauce (p. 191), or Cheese Sauce (p. 192).

Asparagus au Gratin. Arrange creamed asparagus in buttered baking dish. Sprinkle with buttered crumbs and bake until crumbs are brown. Grated cheese may be mixed with crumbs.

FRENCH FRIED ASPARAGUS TIPS

Drain fresh-cooked or canned asparagus tips. Dip in egg and fine crumbs. Fry in deep fat (370° F.).

WAX BEANS

Select beans as nearly stringless as possible. Test by gently pulling off tip end. One pound serves 4. Remove ends and strings, snap or cut with sharp knife or scissors in inch pieces. Wash, cook in boiling water 20 minutes to 1 hour, or until soft, adding salt when half done. Drain, season with butter and salt. If desired, cook with small piece of ham, bacon, or salt pork.



A Bean Shredder Cuts Beans Quickly and Easily into Long Thin Pieces

GREEN BEANS

Prepare like Wax Beans, cut with a bean cutter or cut lengthwise and then crosswise in thin pieces about $1\frac{1}{2}$ inches long.

Cook in boiling, salted water 20 minutes or until tender. Drain thoroughly and reheat with butter to taste. Add salt if necessary.

With Mushrooms. Combine $\frac{1}{2}$ pound green beans, prepared and cooked as above, with $\frac{1}{2}$ pound mushrooms, sliced and sautéed in butter.

With Cheese. Arrange 2 cups cooked green beans in buttered baking dish. Season with salt and cayenne. Add $\frac{1}{2}$ cup grated cheese, 1 tablespoon butter, and $\frac{1}{4}$ cup heavy cream. Stir until well mixed. Sprinkle with grated cheese and dot over with 1 tablespoon butter. Reheat in hot oven (400° F.).

SHELL BEANS (LIMA, KIDNEY, ETC.)

Wash and cook in boiling water from 1 to $1\frac{1}{2}$ hours, adding salt last half hour of cooking. Cook in sufficiently small quantity of water so that there may be none left to drain off when beans are cooked. Season with butter or heavy cream and salt.

BOSTON BAKED BEANS

1 quart pea beans	1 tablespoon to 1 cup molasses,
$\frac{3}{4}$ pound fat salt pork	according to taste
1 tablespoon salt	$\frac{1}{2}$ teaspoon mustard, if desired
3 tablespoons sugar	Boiling water

Pick over beans, cover with cold water, and soak overnight. Drain, cover with fresh water, heat slowly (keeping water below boiling point), and cook until skins will burst, — which is best determined by taking a few beans on the tip of a spoon and blowing on them, when skins will burst if sufficiently cooked. Drain beans. Scald pork and scrape, remove $\frac{1}{4}$ -inch slice, and put in bottom of bean pot. Cut through rind of remaining pork every half-inch, making cuts 1 inch deep. Put beans in pot and bury pork in beans, leaving rind exposed. Mix salt, molasses, and sugar, add 1 cup boiling water and pour over beans; then add enough more boiling water to cover beans. Cover bean pot and bake 6 to 8 hours in slow oven (250° F.), uncovering the last hour of cooking, that rind may become brown and crisp. Add water as needed. If pork mixed with lean is preferred, use less salt.

Baked Kidney Beans. Cook like Boston Baked Beans.

Baked Beans, New York Style. Omit molasses. Bake in shallow pan. Arrange slices of salt pork over top. Do not add water during last hour of cooking.

BEANS BRETONNE

1½ cups pea beans	1 onion, finely chopped
1 cup stewed and strained tomatoes	2 cloves garlic, finely chopped
1 cup Veal or Chicken Stock (p. 151)	¼ cup butter
6 pimientos, rubbed through sieve	2 teaspoons salt

Soak beans overnight in cold water, drain, and parboil until soft. Put in baking dish or bean pot, add other ingredients, cover, and cook in slow oven (250° F.) until beans have nearly absorbed sauce.

LIMA BEANS, FERMIÈRE

2 cups dried Lima beans	2-inch cube fat salt pork
½ teaspoon salt	cut in small pieces
⅛ teaspoon pepper	½ cup carrot, in ⅛-inch cubes
1 small onion, thinly sliced	2 tablespoons butter

Soak beans overnight in cold water to cover. Drain, put in casserole. Add salt and pepper. Try out fat, strain, and cook onion and carrot in fat, stirring constantly until brown. Add to beans. Dot over with butter. Add water to half height of beans. Cover and cook in slow oven (300° F.) until beans are soft.

LENTIL AND LIMA BEAN CROQUETTES

½ cup dried lentils	½ cup stale bread crumbs
¼ cup dried Lima beans	1 egg, slightly beaten
½ small onion	Salt and pepper
1 stalk celery	1 tablespoon butter
3 slices carrot	1 tablespoon flour
1 sprig parsley	⅓ cup hot cream

Tomato Sauce (p. 198)

Soak lentils and beans overnight in cold water to cover. Drain, add 3 pints water, onion, celery, carrot, and parsley. Cook until lentils are soft, remove seasonings, drain, and rub through sieve. To pulp add crumbs, egg, salt, and pepper to taste. Melt butter, add flour, and cream gradually. Combine mixtures and cool. Stir until thick and smooth. Shape, crumb, fry, and drain (p. 397).

DRIED LIMA BEANS

Cover 1 cup dried beans with boiling water and cook 1 hour. Drain, cover again with boiling water, and cook until tender. Drain, season with salt and pepper. Add $\frac{1}{2}$ cup cream or top milk and 1 tablespoon butter. Reheat. Sprinkle with finely cut parsley and pimienta dice.

BEETS

Select beets with fresh leaves. One pound serves 5. Cook whole in boiling water, with or without salt. Young beets require 30 to 45 minutes, older ones 1 to 4 hours. Very old, woody beets will never cook tender. Drain, put in cold water, and rub off skins. Serve whole, quartered, or sliced, with butter.

Sugared Beets. Cut 4 hot, boiled beets in thin slices, add 3 tablespoons butter, $1\frac{1}{2}$ tablespoons sugar, and $\frac{1}{2}$ teaspoon salt. Reheat.

Pickled Beets. Slice cold, boiled beets and cover with vinegar.

BEETS, SOUR SAUCE

Cooked beets, cubed	$\frac{1}{4}$ cup vinegar
2 tablespoons butter	$\frac{1}{4}$ cup cream
2 tablespoons flour	1 teaspoon sugar
$\frac{1}{2}$ cup water, in which beets were cooked	$\frac{1}{2}$ teaspoon salt
	Few grains pepper

Melt butter, add flour, and pour on beet water. Add other ingredients and reheat beets in sauce.

HARVARD BEETS

12 small beets, cooked and cut in slices, cubes, or fancy shapes	$\frac{1}{2}$ tablespoon cornstarch
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup water
	$\frac{1}{4}$ cup vinegar
	2 tablespoons butter

Mix sugar and cornstarch. Add vinegar and water and boil 5 minutes. Add beets to hot sauce and let stand at least 30 minutes. Just before serving, bring to boiling point and add butter.

BEET GREENS

Cook like Spinach (p. 477).

BROCCOLI

Select stalks with dark green, tightly closed buds. Cut off tough part of stalk and coarse leaves. Peel stalks. If stalks are too large for individual portions, split to make of attractive size and shape. One pound serves 4.

Steam or cook, uncovered, in boiling water 15 to 30 minutes. Add salt last 5 minutes of cooking. Do not overcook.

Serve with melted butter, Hollandaise (p. 201) or Thin White Sauce (p. 192). Sprinkle with buttered bread crumbs, if desired.

BRUSSELS SPROUTS

Select light green, compact heads. One quart serves 6. Remove wilted leaves and soak 15 minutes in cold water. Drain and cook, uncovered, 20 minutes in boiling water. Add salt last 10 minutes. Drain and serve with melted butter or Hollandaise (p. 201).

With White Grapes. Peel and seed 1 cup Malaga grapes, heat, and add to 1 quart drained Brussels sprouts. Add melted butter to taste.

BRUSSELS SPROUTS AND CELERY

1 quart cooked Brussels Sprouts	3 tablespoons butter
1½ cups celery, cut in pieces	3 tablespoons flour
1½ cups scalded milk	

Melt butter, add celery, cook 2 minutes. Add flour and milk gradually. Bring to boiling point, add sprouts, and season. If desired, turn mixture into buttered baking dish, cover with buttered crumbs, and bake in hot oven (400° F.) until crumbs are brown.

BRUSSELS SPROUTS WITH CHESTNUTS

1 quart cooked Brussels Sprouts, sautéed in butter	2 teaspoons sugar
1 cup cooked French chestnuts (p. 458)	½ cup Brown Stock (p. 144)
¼ cup butter	½ teaspoon beef extract
	½ teaspoon salt
Few grains cayenne	

Cook butter and sugar until well browned, stirring constantly. Add chestnuts, cook until brown. Add sprouts, stock, and seasonings.

CABBAGE

Take off outside leaves, cut in quarters, remove tough stalks. Chop or not, as desired. Soak in cold, salted water 20 minutes. To retain full food value, cook in small amount of boiling salted water 15 to 30 minutes if quartered, 10 minutes if chopped. Do not overcook.

To cook by the old-fashioned method, cook 50 to 60 minutes or until soft. Drain, season with butter, salt, and pepper.

Creamed Cabbage. Reheat chopped or shredded cooked cabbage in cream or White Sauce (p. 191).

Scalloped Cabbage. Put Creamed Cabbage in buttered baking dish. Cover with buttered crumbs. Bake until brown. If desired, add grated cheese to crumbs.

SMOTHERED CABBAGE

5 cups finely chopped, raw cabbage	1 cup milk
5 tablespoons butter	2 teaspoons salt
2 tablespoons flour	$\frac{1}{4}$ teaspoon pepper

Melt butter in heavy frying pan, add flour, and stir until well blended. Add milk gradually, while stirring constantly. Bring to boiling point, season, and add cabbage. Mix thoroughly, cover, and cook over very slow heat 50 to 60 minutes.

GERMAN CABBAGE

4 cups red cabbage, sliced and soaked 20 minutes in cold water	1 tablespoon finely chopped onion
2 tablespoons butter	Few gratings nutmeg
$\frac{1}{2}$ teaspoon salt	Few grains cayenne
	2 tablespoons vinegar
	$\frac{1}{2}$ tablespoon sugar

Cook cabbage, covered, with other ingredients except vinegar and sugar, until tender. Add vinegar and sugar. Cook 5 minutes. If desired, sprinkle with $\frac{1}{4}$ teaspoon caraway seeds.

SWEET AND SOUR CABBAGE

4 cups shredded red cabbage	1 cup water or stock
Salt and pepper	3 tablespoons vinegar
2 sour apples, sliced or diced	1 tablespoon brown sugar
1 small onion, sliced	$\frac{1}{4}$ teaspoon allspice
3 tablespoons bacon fat or Fat salt pork	2 cloves

Brown onion slightly in fat, add water or stock, cabbage, and apple. Cover; cook slowly. When nearly done, add vinegar, sugar, and spices.

COLE SLAW

Shred cabbage, soak in cold water until crisp; drain, dry between towels. Mix with Denver or German Cream Dressing (p. 493) or Cooked Dressing (p. 493).

HOT SLAW

$\frac{1}{2}$ cabbage, shredded	1 tablespoon butter
2 egg yolks, slightly beaten	$\frac{1}{4}$ cup hot vinegar
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ teaspoon salt

Mix egg yolks, cold water, butter, vinegar, and salt. Cook over hot water, stirring constantly, until thickened. Add cabbage. Reheat.

SAUERKRAUT

1 pound sauerkraut	$\frac{1}{4}$ teaspoon caraway seed
$\frac{1}{2}$ teaspoon salt	Few grains black pepper

Drain kraut. Cover with boiling water. Cook 35 minutes. Drain and season.

CHINESE CABBAGE AND TOMATOES

5 cups shredded Chinese cabbage	Salt and pepper
$\frac{1}{2}$ cup tomatoes, cooked or canned	1 small onion, finely chopped

Cook cabbage 10 minutes in boiling salted water. Drain, add tomatoes and onion. Season. Cook until tender (about 20 minutes).

CARROTS

Wash and scrape. Cook whole, sliced, finely cubed, or cut in fancy shapes, in boiling, salted water or stock, until tender (15 to 20 minutes for young carrots, 30 to 60 for old ones). Season with butter, salt, and pepper, and if desired, a trace of sugar. Water drained from carrots may replace Chicken Stock in many soups and sauces.

Carrots and Peas. Combine finely cut cooked carrots with an equal quantity of cooked green peas, and season with butter, salt, and pepper. Heat thoroughly.

Creamed Carrots and Celery. Reheat cooked carrots, cut in cubes, and finely cut cooked celery in White Sauce (p. 191).

Riced Carrots. Put cooked carrots through potato ricer. Season with butter, salt, and pepper.

MINT GLAZED CARROTS WITH PEAS

3 medium-sized carrots

$\frac{1}{2}$ cup butter

$\frac{1}{2}$ cup sugar

1 tablespoon chopped, fresh mint leaves

2 cups peas, cooked or canned

Butter, salt, and pepper

Wash, scrape, and cut carrots in $\frac{1}{4}$ -inch slices, then in strips or fancy shapes. Cook 15 minutes in boiling, salted water. Drain. Cook slowly with butter, sugar, and mint, until soft and glazed. Add peas. Season with butter, salt, and pepper.

CARROTS, POULETTE

Wash, scrape, and cut carrots in strips, cubes, or fancy shapes; cover with boiling water; let stand 5 minutes; drain; cook in boiling, salted water, to which is added $\frac{1}{2}$ tablespoon butter, until soft. Reheat in Suprême Sauce (p. 195) made with carrot water instead of stock.

CARROTS, HUNTINGTON

4 cups carrots, cut in $1\frac{1}{2}$ inch strips

$\frac{1}{2}$ cup butter

Melt butter in heavy pan. Add carrots, turn over and over until well-coated with butter. Cover and cook slowly until tender (about 35 minutes). Turn occasionally. Season to taste.

CARROTS EN CASSEROLE

Cube carrots, arrange in baking dish, cover with boiling water, sprinkle with salt, dot over with butter, and bake, covered, until done. Oven temperature from slow to moderately hot may be used, according to whatever else is being baked at the time.

CARROT TIMBALES

2 cups sliced carrot	1 egg
1 tablespoon butter	1 egg white, slightly beaten
Boiling water or stock	Salt and pepper
1 hard-cooked egg	

Cook carrot in butter 10 minutes, stirring constantly. Add stock or water to cover. Cook until soft. Drain and force through purée strainer. Add egg and egg white and season. Garnish small, buttered molds with cooked egg, cut in fancy shapes. Fill $\frac{2}{3}$ full of carrot mixture, set in pan of hot water, cover with buttered paper, and bake 30 to 45 minutes in moderate oven (350° F.).

CAULIFLOWER

Choose white head with fresh green leaves. A medium-sized head serves 6. Remove leaves, cut off stalk, and soak 30 minutes (head down) in cold water. Steam or cook (head up) in boiling salted water until soft (about 20 minutes). Drain, serve whole, or separate into flowerets. Pour over melted butter, seasoned with lemon juice and finely chopped parsley, Hollandaise (p. 201), or Thin Cream Sauce (p. 191).

Cauliflower au Gratin. Place a whole, cooked cauliflower on a dish for serving, cover with buttered crumbs, and place in oven to brown crumbs; remove and pour over it 1 cup White Sauce (p. 191). If desired, sprinkle with grated cheese before covering with crumbs.

Cauliflower Allemande. Drain a cooked cauliflower, place in baking dish, cover with Allemande Sauce (p. 195), sprinkle with $\frac{1}{4}$ cup grated Parmesan cheese, and bake until cheese is melted.

French Fried Cauliflower. Separate cooked cauliflower into flowerets, dip in egg and crumbs, and fry in deep fat (370° F.).

CAULIFLOWER WITH MUSHROOMS

1 head cauliflower, cooked	4 tablespoons butter
1 cup mushrooms, fresh or canned, chopped	2 tablespoons flour
	$\frac{1}{2}$ cup cream or milk
Salt and pepper	

Separate cauliflower into flowerets. Melt 2 tablespoons butter; add 1 cup mushroom liquor from can, or water. Add mushrooms,

simmer 5 minutes, and add cream. Melt remaining butter, add flour; pour on mushroom mixture. Stir, bring to boiling point, and season. Pour over cauliflower.

CELERIAC

Scrub thoroughly, scrape, or pare. Slice lengthwise, or, if small, leave whole. Steam or cook in boiling, salted water 15 to 20 minutes. Serve with melted butter or Hollandaise (p. 201).

CELERY

Wash, scrape, cut in inch pieces. Cook 8 to 20 minutes, or until soft, in boiling, salted water. Drain. Pour on melted butter.

Creamed Celery. Reheat 2 cups cooked celery in 1 cup White Sauce (p. 191).

BRAISED CELERY

Wash, scrape, cut in 3-inch pieces. Dry thoroughly. Sauté slowly in butter until browned. Add few tablespoons hot water or stock to liquid in pan, season, and pour over celery.

SWISS CHARD

Cook like Spinach (p. 477). Stems may be cooked separately and served like asparagus.

CHAYOTE

Peel before or after cooking. Cut in halves or quarters. Steam or boil 20 to 35 minutes. Serve with melted butter.

FRENCH CHESTNUTS

Shell, cover with boiling, salted water. Cook gently 15 to 20 minutes, or steam 45 minutes. Sliced tart apples may be steamed and served with chestnuts.

To Shell Chestnuts. Cut a half-inch gash on flat side. Put in heavy pan. Add $\frac{1}{2}$ teaspoon oil or butter to each cup of nuts. Shake over fire 5 minutes. Set in oven 5 minutes. Take from oven and remove shells and skins with sharp knife.

Creamed Chestnuts. Reheat in small amount of heavy cream.

Riced Chestnuts. Force through ricer. Pile lightly on serving dish.

Chestnut Purée. Drain, mash, moisten with scalded milk, season with salt and pepper, and beat until light.

Sautéed Chestnuts. Sauté in butter. Serve as garnish for meat, or as a vegetable.

BAKED CHESTNUTS (EN CASSEROLE)

3 cups chestnuts, shelled (see above)

3 cups highly seasoned Chicken Stock (p. 151)

2 tablespoons butter

1 ½ tablespoons flour

Put chestnuts in casserole dish. Pour stock over, cover, and bake 3 hours in slow oven (275° F.). Thicken with butter and flour cooked together.

BRAISED CHESTNUTS

Shell (p. 458), place in casserole, barely cover with stock. Cover, bake about 45 minutes in moderate oven (350° F.). Uncover last 10 minutes. There should be small quantity of stock in dish to serve with chestnuts.

CORN ON THE COB

Remove husks and silky threads. Cook 10 to 20 minutes in boiling water or half milk and half water. Place on platter covered with napkin and draw corners of napkin over corn. If desired, cut from cob and season with butter and salt.

Succotash. Cut from cob, add equal quantity of hot, boiled shelled beans. Season with butter and salt. Reheat.

CORN OYSTERS

1 cup raw corn, grated from cob *or*
chopped cooked corn

1 egg, well beaten

1 tablespoon butter

½ cup soft bread crumbs *or*

¼ cup flour *or* ½ cup, if to
be fried in deep fat

1 teaspoon salt

⅛ teaspoon pepper

Drain corn thoroughly, add other ingredients. Drop by spoonfuls and fry in deep fat (370° F.) or cook on hot griddle in bacon fat or drippings. They should be size of large oysters. Drain on absorbent paper.

CORN FRITTERS

1 cup grated fresh or canned corn	$\frac{1}{2}$ teaspoon salt
$\frac{5}{8}$ cup flour	Few grains paprika
$\frac{1}{2}$ teaspoon baking powder	1 egg

Chop corn, drain, add dry ingredients mixed and sifted. Add egg yolk, beaten until thick. Fold in egg white, beaten until stiff. Drop by spoonfuls and fry in deep fat (370° F.). Drain on paper.

SOUTHERN CORN PUDDING

2 cups corn grated from the cob or chopped canned corn	$1\frac{1}{2}$ tablespoons melted butter
2 eggs, slightly beaten	2 cups scalded milk
1 teaspoon sugar	1 teaspoon salt
$\frac{1}{8}$ teaspoon pepper	

Combine ingredients. Bake in buttered baking dish in slow oven (325° F.) until firm.

With Corn Meal. Omit 1 egg. Pour hot milk over 3 tablespoons corn meal. Let cool before adding other ingredients.

CORN SOUFFLÉ

2 cups fresh grated or canned corn	1 cup milk
1 tablespoon butter	$1\frac{1}{4}$ teaspoons salt
2 tablespoons flour	Few grains pepper
2 eggs	

Melt butter, add flour and milk gradually. Stir and bring to boiling point; add corn, seasonings, egg yolks beaten until thick and lemon-colored, and egg whites beaten until stiff. Turn into buttered dish and bake 25 to 30 minutes in moderate oven (350° F.).

RICHMOND CORN CAKES

$\frac{3}{4}$ cup fresh grated or canned corn	2 eggs, well beaten
$\frac{1}{2}$ cup milk	$\frac{7}{8}$ cup flour
$\frac{1}{2}$ tablespoon sugar	1 tablespoon baking powder
$\frac{1}{2}$ teaspoon salt	

To corn add milk, sugar, and eggs. Mix and sift flour, baking powder, and salt. Combine mixtures, drop by tablespoons in buttered muffin pans. Bake in moderate oven (350° F.).

CORN WAFFLES (p. 108)**SCALLOPED CORN I (MOCK CRABS)**

4 tablespoons butter	1½ cups scalded milk
½ cup flour	1 cup fresh grated or chopped canned corn
1½ teaspoons salt	1 egg, slightly beaten
¾ teaspoon mustard	3 teaspoons Worcestershire Sauce
¼ teaspoon paprika	1 cup buttered cracker crumbs

Melt butter, add flour mixed with dry seasonings, and pour on milk gradually. Add corn, egg, and Worcestershire Sauce. Pour into buttered baking dish, cover with crumbs, and bake until crumbs are brown in moderate oven (350° F.).

SCALLOPED CORN II

1 small green pepper	Few grains cayenne
½ onion, finely chopped	½ cup milk
2 tablespoons butter	1 cup fresh or canned corn
2 tablespoons flour	1 egg yolk
1 teaspoon salt	½ cup dried bread
¼ teaspoon paprika	1 tablespoon butter
¼ teaspoon mustard	⅔ cup buttered cracker crumbs

Wipe pepper, cut in halves lengthwise, and remove seeds. Cut in thin strips, and strips in halves, crosswise. Cook pepper, onion, and butter 5 minutes, stirring constantly. Add flour, mixed with seasonings, and stir until well blended. Add milk gradually, while stirring constantly. Stir and bring to boiling point, add corn, egg yolk, and bread broken in small pieces and cooked with 1 tablespoon butter until well browned. Turn into buttered baking dish, cover with buttered crumbs, and bake in hot oven (400° F.) until crumbs are brown.

CUCUMBERS

Pare, cut in pieces, cook 10 minutes, or until soft, in small amount of salted water. Mash and season with butter, pepper, and salt. If desired, cook in Chicken Stock (p. 151).

FRIED CUCUMBERS

Wipe, pare, and cut in ⅛-inch slices. Dry between towels, sprinkle with salt and pepper, dip in crumbs, egg, and crumbs again, sauté in butter or fry in deep fat (390° F.), and drain.

WILTED CUCUMBERS

- | | |
|-------------------------------------|--|
| 1 cucumber, pared and thinly sliced | $\frac{1}{4}$ cup French dressing (p. 486) |
| 1 tablespoon salt <i>in</i> | $\frac{1}{4}$ teaspoon celery seed, |
| 1 cup cold water | if desired |

Soak cucumber slices in salted water 15 minutes. Drain and rinse with cold water. Pour over French dressing and let stand at least 5 minutes.

STUFFED CUCUMBERS

- | | |
|---|------------------------------|
| 3 cucumbers | Chicken Stock (p. 151) |
| Chicken Force meat I or II (p. 139) | Circular slices of dry toast |
| $1\frac{1}{2}$ cups Béchamel Sauce (p. 193) | |

Wipe and pare cucumbers. Cut in halves crosswise, remove seeds, and soak in cold water 30 minutes. Drain, wipe, and fill with forcemeat. Veal may be used in place of chicken. Place upright on trivet in saucepan. Add stock to half cover cucumbers, and cook 40 minutes, covered. Serve on toast with Béchamel Sauce.

BAKED STUFFED CUCUMBERS

- | | |
|---|---------------------------|
| 2 cucumbers | Tomato Sauce (p. 198) or |
| 4 tablespoons bread crumbs | canned tomato soup |
| 4 tablespoons finely chopped cooked ham | Salt, pepper, and cayenne |
| 2 tablespoons grated Parmesan cheese | White Stock (p. 150) |
| Buttered bread crumbs | |

Wipe and pare cucumbers, cut in 2-inch pieces, crosswise, removing seeds. Mix crumbs, ham, and cheese. Moisten with sauce and season. Put cucumber cups in shallow pan, fill with mixture, surround with stock, and bake 30 minutes in moderate oven (350° F.). Cover with buttered crumbs, bake until brown.

DANDELION GREENS

Cook like Spinach (p. 477), adding small amount of water if necessary. Serve with vinegar.

DASHEENS

Cook like potato. If scraped before cooking, add 1 teaspoon soda to water in which scraping is done to prevent irritating hands.

Riced Dasheens. Boil in skins. Peel and rice. Season with plenty of butter, salt, and pepper.

Baked Dasheens. Wash thoroughly, parboil 10 to 15 minutes and bake in moderately hot oven (375° F.). Serve with butter.

SAUTÉED EGGPLANT

Pare, cut in thick or thin slices. Sprinkle with salt and pepper. Dredge with flour. Sauté slowly in butter until crisp and brown.

FRIED EGGPLANT

Pare, cut in 1/4-inch slices. Sprinkle with salt and pepper, dip in Batter I (p. 392), or dip in flour, egg, and crumbs. Fry in deep fat (370° F.).

BAKED STUFFED EGGPLANT I

1 eggplant	1/2 tablespoon finely chopped onion
1 cup soft, stale bread crumbs	Salt and pepper
2 tablespoons butter or 3 slices	1 egg, well beaten
bacon, tried out	Buttered bread crumbs

Cook eggplant 15 minutes in boiling, salted water to cover. Cut slice from top and carefully remove pulp with spoon, taking care not to break skin. Chop and add crumbs. Cook onion with butter or bacon fat 5 minutes. Add to pulp, season, and, if necessary, moisten with a little stock or water. Cook 5 minutes, cool, and add egg. Refill eggplant, cover with buttered crumbs, and bake 25 minutes in moderately hot oven (375° F.).

BAKED STUFFED EGGPLANT II

1 eggplant	1 teaspoon lemon juice
1 1/2 cups ham stock or water	1/2 teaspoon salt
3/4 cup coarse, dried bread crumbs	1 egg, slightly beaten
1/4 cup melted butter	Buttered crumbs

Wipe eggplant, cut in quarters, lengthwise. Remove pulp close to skin, leaving thin shells. Force pulp through food chopper. Drain. Add stock or water, boil 20 minutes. Add crumbs, butter, lemon juice, salt, and egg. Fill shells, sprinkle with buttered crumbs, bake 15 minutes in moderately hot oven (375° F.).

EGGPLANT AND OKRA

- | | |
|------------------------------|-------------------------------------|
| 1 eggplant, peeled and cubed | 12 okra pods, sliced |
| 1 onion, sliced | Salt and pepper |
| 3 tomatoes, quartered | 1 tablespoon finely chopped parsley |

Cook eggplant, onion, tomatoes, and okra with salt and pepper 30 minutes. Sprinkle with chopped parsley.

EGGPLANT TIMBALES

- | | |
|---|-----------------------|
| 1 eggplant, pared and cut in
1/4-inch slices | Few drops onion juice |
| 1/4 cup butter | 1/2 teaspoon salt |
| 1/2 cup soft, stale bread crumbs | 1/8 teaspoon pepper |
| 2 eggs, well beaten | Canned pimientos |
| | Buttered crumbs |
| | Parsley |

Cook eggplant in boiling, salted water until soft. Drain thoroughly, mash, and add butter, crumbs, egg, onion juice, salt, and pepper. Line small buttered molds with pimientos. Fill with mixture, sprinkle with buttered crumbs, and bake 15 minutes in moderately hot oven (375° F.). Remove from molds and garnish with parsley. Eggplant mixture may be baked in baking dish.

EGGPLANT TURQUE

- | | |
|---|--|
| 3 small eggplants, cut in halves,
lengthwise | 1 cup Tomato Sauce (p. 198) or
canned tomato soup |
| 2 tablespoons olive oil | 1/2 teaspoon salt |
| 1 tablespoon finely chopped onion | 1/4 teaspoon grated nutmeg |
| 3 tablespoons uncooked rice | 2 egg yolks, slightly beaten |
| 1/2 clove garlic, finely chopped | Buttered crumbs |

Fry eggplants in deep fat 12 minutes. Drain. Scoop out inside and chop finely. Cook onion in hot oil 5 minutes. Add rice and garlic and cook 5 minutes. Add eggplant, Tomato Sauce, salt, and nutmeg. Bake 45 minutes in moderately hot oven (375° F.). Add egg yolks and stuff eggplant shells with mixture. Cover with buttered crumbs and bake until crumbs are brown.

SCALLOPED EGGPLANT

- | | |
|--|---------------------------|
| 1 eggplant, pared and cut
in 3/8-inch cubes | 2 tablespoons butter |
| 3/4 tablespoon finely chopped parsley | 1/2 onion, finely chopped |

Cook eggplant in small amount of boiling water until soft. Drain. Cook onion in butter until yellow, add parsley and eggplant. Put in buttered baking dish. Cover with buttered crumbs. Bake in moderately hot oven (375° F.) until crumbs are brown.

BRAISED ENDIVE

$\frac{1}{2}$ pound endive
Boiling salted water

$\frac{1}{2}$ cup melted butter
Paprika

Cook endive until tender in boiling, salted water, drain, place in baking dish, pour over melted butter, sprinkle generously with paprika, and bake 30 minutes, basting frequently. If desired, cook, covered, in heavy saucepan over slow heat.

STUFFED ENDIVE

$\frac{1}{2}$ cup cooked chicken
1 tablespoon parsley
1 slice onion
 $\frac{1}{4}$ cup soft bread crumbs
2 tablespoons milk

2 stalks endive
2 tablespoons butter
 $\frac{1}{2}$ cup water or chicken stock
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper

Salt and pepper

Put meat twice through food chopper with parsley and onion. Cook bread crumbs and milk to a smooth paste, add meat and season with salt and pepper, and shape in rolls about 3 inches long and the size of a finger. Separate the leaves from endive, wrap around the stuffing, and tie with a thread. Melt butter in heavy saucepan and brown lightly. Add the stuffed endive with water or chicken stock and salt and pepper, cover, and cook about 40 minutes or until tender. Arrange on serving dish and carefully remove threads.

FENNEL OR ANISE

Peel and slice bulb and as much of stalk as is tender. Wash, drain, cook in boiling, salted water until tender (25 to 45 minutes). Sprinkle with salt and pepper and melted butter or olive oil.

GREENS

Wash in seven waters, first two rather warm, to release sand. Sprinkle with salt. It is not necessary to add more water than

that which clings to the leaves from washing. Steam or cook until tender. Drain if necessary. Season with butter, pepper, and salt. Chop fine or not, as desired.

KALE

Clean, cut off root and heavy part of leaf. Wash in cold water and cook in boiling water until tender (25 to 30 minutes). Drain, chop, and season with butter, salt, and pepper.

KOHL-RABI

Select small, pale green bulb. Allow 1 to a person. Cut off tops, peel, slice, or quarter. Cook, uncovered, in boiling, salted water. Drain thoroughly, season with melted butter, salt, and pepper.

LEEKS ON TOAST

Wash and trim, cook in boiling, salted water until soft (about 15 minutes). Drain, arrange on buttered toast. Pour on melted butter, seasoned with salt and pepper.

LEEKS AU GRATIN

8 stalks cooked leeks 6 tablespoons grated cheese
Salt and pepper

Arrange leeks in baking dish, sprinkle with salt, pepper, and cheese. Run under broiler to melt cheese.

DRIED LENTILS

Prepare like Dried Lima Beans (p. 452). Cook 3 to 4 hours.

BRAISED LETTUCE

6 small lettuce hearts or 3 tablespoons butter
2 large hearts, quartered Salt and pepper
1 tablespoon lemon juice Few gratings nutmeg

Soak lettuce in cold water 1 hour. Tie in shape with string. Cook 10 minutes in boiling, salted water. Drain and cut off string. Melt butter in heavy frying pan, add lettuce, season, and cook slowly 35 minutes. Pour lemon juice over lettuce.

VEGETABLE MARROW

Cook like Summer Squash (p. 479), of which it is a variety.

CREAMED OR STEWED MUSHROOMS

1 pound mushrooms	Few grains pepper
5 tablespoons butter	2 tablespoons flour
$\frac{1}{2}$ teaspoon salt	1 cup thin cream, hot water or stock

Brush mushrooms and slice thin. Melt butter, add mushrooms, and cook 3 minutes. Sprinkle with salt and pepper, dredge with flour, and add cream. Cook 5 minutes, stirring constantly. Add 1 tablespoon sherry, or a few gratings of nutmeg if desired.

BROILED MUSHROOMS

Brush mushrooms, remove stems, and place caps in a buttered broiler, cap side down. Broil 3 minutes, turn over, and broil 3 minutes longer. Put a small piece of butter in each cap, sprinkle with salt and pepper, and serve as soon as butter has melted. In removing from broiler, keep mushrooms cap side up, to prevent loss of juices. Serve on circular pieces of buttered dry toast.

With Sausage. After turning mushrooms, fill with sausage meat, and broil or bake in moderately hot oven (375° F.) until sausage is cooked.

MUSHROOMS BAKED IN CREAM

Brush 12 large mushrooms. Remove stems, and peel caps. Put in a shallow buttered pan, cap side up. Sprinkle with salt and pepper, and dot over with butter; add $\frac{2}{3}$ cup cream. Bake 10 minutes in a hot oven (450° F.). Place on pieces of dry toast, and pour over them cream remaining in pan.

MUSHROOMS WITH WINE

$\frac{1}{2}$ pound mushrooms	$\frac{1}{2}$ teaspoon salt
3 tablespoons butter	$\frac{1}{8}$ teaspoon paprika
$\frac{1}{3}$ cup boiling water	Slight grating nutmeg
$\frac{1}{8}$ cup claret or sauterne	

Prepare mushrooms. Cook, covered, with butter and boiling water for 12 minutes. Add other ingredients. Heat.

SAUTÉED MUSHROOMS

$\frac{1}{2}$ pound mushrooms, broken in pieces	$\frac{1}{4}$ teaspoon salt
Flour for dredging	Paprika
3 tablespoons butter	$\frac{1}{3}$ cup hot water
Few drops onion juice	1 teaspoon finely chopped parsley
	Dry toast

Dredge mushrooms with flour. Melt butter in hot, heavy frying pan. Add mushrooms, onion juice, salt, and paprika, and cook 5 minutes. Add water. Cook 4 minutes. Sprinkle with parsley. Serve on toast.

MUSHROOMS À LA SABINE

$\frac{1}{2}$ pound mushrooms	$1\frac{1}{3}$ cups Brown Sauce (p. 196)
Salt and pepper	3 tablespoons grated cheese
Flour for dredging	Toast
2 tablespoons butter	Parsley

Brush, remove stems, and peel caps. Sprinkle with salt and pepper, dredge with flour. Cook 3 minutes with butter in heavy frying pan. Add Brown Sauce and cook slowly 5 minutes. Add cheese. When cheese melts, arrange mushrooms on toast and pour on sauce. Garnish with parsley.

MUSHROOM AND TOMATO TOAST

2 cups mushrooms, peeled and cut in pieces	$\frac{1}{2}$ teaspoon salt
3 tablespoons butter	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ teaspoon finely chopped shallot or onion	Few grains paprika
1 cup Tomato Purée (p. 191) or canned tomato soup	6 rounds of bread, $\frac{1}{3}$ inch thick, sautéed in butter until delicately brown
	1 tablespoon finely chopped parsley

Cook mushrooms in 2 tablespoons butter 5 minutes. Cook shallot in 1 tablespoon butter 3 minutes. Add Tomato Purée, bring to boiling point, simmer 3 minutes, and add seasonings. Arrange mushrooms on sautéed bread, pour sauce over, and sprinkle with parsley.

MUSHROOMS À L'ALGONQUIN

Brush large selected mushrooms. Remove stems, peel caps, and sauté caps in butter. Place in small, buttered, shallow pan, cap side up. Place on each a large oyster, sprinkle with salt and pepper, and place on each a bit of butter. Cook in hot oven (400° F.) until oysters are plump. Serve with Brown Sauce (p. 196), or Béchamel Sauce (p. 193).

STUFFED MUSHROOMS I

12 large mushrooms	White Stock (p. 150) or cream to
3 tablespoons butter	moisten
½ tablespoon finely chopped shallot or onion	Few gratings nutmeg
1½ tablespoons flour	½ teaspoon finely chopped parsley
	Salt and pepper
	Buttered cracker crumbs

Brush mushrooms. Remove stems and chop fine. Peel caps. Melt butter, add shallot and chopped stems; and cook 10 minutes. Add flour, stock or cream, and seasonings. Cool and fill caps, rounding well over top. Cover with buttered crumbs and bake 15 minutes in hot oven (425° F.).

STUFFED MUSHROOMS II

6 large mushroom caps	1 teaspoon finely chopped parsley
2 tablespoons chopped mushroom stems	3 tablespoons butter
2 tablespoons bread crumbs	1 cup Tomato Sauce (p. 198)
2 tablespoons chopped, lean, cooked ham	Salt, pepper, and cayenne
2 tablespoons finely chopped onion	½ cup bread crumbs mixed with
1 teaspoon grated Parmesan cheese	1½ tablespoons grated Parmesan cheese
	6 rounds bread, slightly larger than mushroom caps, fried (sautéed) in butter
	Parsley

Cook chopped mushrooms, bread crumbs, ham, onion, cheese, and parsley with butter 3 minutes. Moisten with ¼ cup Tomato Sauce and season to taste. Brush and peel caps and stuff with mixture. Sprinkle with crumbs and cheese. Arrange in baking pan, pour remaining sauce around, and bake 20 minutes in hot oven (425° F.). Remove mushrooms to sautéed bread, pour around sauce from pan, and garnish with parsley.

FRENCH FRIED MUSHROOMS (ALLEMANDE)

Brush mushroom caps and sauté in butter. Put together in pairs, cover with Allemande Sauce (p. 195), dip in crumbs, egg, and crumbs again, fry in deep fat (395° F.), and drain on brown paper.

Mushrooms à la Barclay. Serve on toast with Cream Sauce (p. 191). Garnish with bacon.

MUSHROOMS UNDER GLASS I

Place circular piece of toast in bottom of individual baking dish. Arrange mushroom caps on toast, sprinkle with salt and pepper, dot over with butter, and over all pour small quantity of hot cream. Cover and bake 20 minutes. Serve with covers in place. Baking dishes with bell-shaped glass covers may be bought for the purpose, or jelly glasses may be substituted, but should not be left on for serving.

MUSHROOMS UNDER GLASS II (Individual Recipe)

2 tablespoons butter	$\frac{1}{4}$ teaspoon finely chopped parsley
$\frac{1}{2}$ tablespoon lemon juice	1 round piece of toast
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ cup cream
Few grains pepper	Mushrooms

Cream butter, add lemon juice drop by drop, salt, pepper, and parsley. Put half the sauce on under side of toast; put toast on small baking dish, pile mushroom caps, cleaned and peeled, in conical shape on toast, and over all pour cream. Cover with glass and bake about 25 minutes, adding more cream if necessary. Just before serving add 1 teaspoon cooking sherry, if desired.

OKRA WITH TOMATO SAUCE

1 pound okra	1 cup Tomato Sauce (p. 198)
1 small onion, sliced	Salt and pepper
2 tablespoons butter	1 tablespoon chopped parsley

Wash okra thoroughly, cut off stems. Slice. Brown sliced onion in butter, add okra, and cook 3 minutes. Put in baking dish, season, pour over Tomato Sauce. Sprinkle with parsley and bake 30 minutes in moderate oven (350° F.).

STEWED OKRA AND TOMATOES

2 cups okra, cut in small pieces, crosswise
2 cups tomatoes

1 tablespoon butter
Salt and pepper

Cook okra until tender in small amount of water so that all water will be absorbed. Add tomatoes and simmer 10 minutes. Add butter, salt, and pepper.

YOUNG ONIONS (SCALLIONS) ON TOAST

Wash, trim, cook in boiling, salted water until tender (about 10 minutes). Drain, arrange on buttered toast. Pour on melted butter, seasoned with salt and pepper.

ONIONS

Put onions in cold water and remove skins while under water. Make two gashes on root end, and cook in boiling water 5 minutes. Drain, cover with boiling, salted water, and cook 20 to 45 minutes or until soft, but not broken. Drain, add small quantity of milk or cream, cook 5 minutes, and season with butter, salt, and pepper. Large onions may be cut in slices before boiling.

Onions in Cream. Drain and cover with White Sauce (p. 191), made with milk or cream.

Scalloped Onions. Cut boiled onions in quarters. Put in buttered baking dish, cover with White Sauce (p. 191), sprinkle with buttered cracker crumbs, and bake until crumbs are brown. If desired, sprinkle with grated cheese before pouring over sauce.

CREAMED SILVERSKINS

3 cups small silver-skinned
onions

1 cup thin cream
 $\frac{3}{4}$ teaspoon salt

Cook onions in boiling, salted water 15 minutes. Drain, add cream, cook in double boiler until soft, adding salt last 10 minutes of cooking.

BERMUDA SLICES BAKED IN CREAM

Cut Bermuda onions in thin slices. Arrange in baking dish, pour on cream to cover. Bake in moderately slow oven (325° F.) until soft.

GLAZED ONIONS

3 cups small, silver-skinned
onions

3 tablespoons butter
2 tablespoons sugar

Cook onions in boiling, salted water 15 minutes. Drain and dry on cheesecloth. Melt butter, add sugar and onions. Cook 20 minutes or until browned, with asbestos mat under pan.

STUFFED ONIONS

Peel 6 large, flat onions. Steam or parboil 30 minutes, or until tender, in boiling, salted water. Turn upside down to cool. Remove part of centers, fill with sausage, grated cheese, or Chicken and Mushroom Filling. Place in baking dish with small amount of water. Sprinkle with buttered crumbs. Cover. Bake in moderate oven (350° F.) until soft, removing cover last 10 minutes.

Chicken and Mushroom Filling

$\frac{1}{2}$ cup finely chopped, cooked
chicken

$\frac{1}{2}$ cup finely chopped mushrooms

$\frac{1}{2}$ cup soft, stale bread crumbs

Salt and pepper

Finely chopped onion,
removed from centers

Cream or melted butter to
moisten

ONIONS FARCI

6 large Bermuda onions

Veal Force meat (p. 139)

1 cup Brown Stock (p. 144)

or Chicken Stock (p. 151)

6 thin slices fat salt pork

1 teaspoon beef extract

$\frac{1}{4}$ tablespoon butter

Salt and pepper

Peel onions, remove part of inside. Cook 6 minutes in boiling, salted water. Drain, stuff with forcemeat, arrange in baking dish on pork slices. Pour stock around, bake in moderate oven (350° F.) until soft (about 35 minutes). Remove onions, strain stock, skim off all fat possible, add beef extract, butter, salt, and pepper to taste. Pour over onions.

FRENCH FRIED ONIONS

Peel Spanish onions, cut in $\frac{1}{4}$ -inch slices, and separate into rings. Dip in milk, drain, and dip in flour. Fry in deep fat (370° F.), drain on brown paper, and sprinkle with salt.

ONION SOUFFLÉ

1 pound onions
 4 tablespoons butter
 $\frac{1}{3}$ cup water in which onions
 were cooked
 $\frac{1}{8}$ cup cream

Salt and pepper
 3 egg yolks, beaten until thick
 and lemon-colored
 3 egg whites, beaten until stiff
 4 tablespoons flour

Boil onions and rub through sieve. Melt butter, add flour, and pour on gradually onion water and cream. Add onion pulp and bring to boiling point. Season. Add to egg yolks. Cut and fold in egg whites. Turn into buttered baking dish and bake in moderately slow oven (325° F.) 25 minutes. Serve at once.

FRIED ONIONS

4 medium-sized onions 1½ tablespoons butter
 Salt

Peel onions and cut in thin slices. Sauté in butter until brown. Turn occasionally with fork or shake pan that onions may not burn. Sprinkle with salt just before taking from fire.

OYSTER PLANT (SALSIFY)

One bunch (about 6 roots) serves 6. Wash, scrape, and put in cold, acidulated water to prevent discoloration. Cut in inch slices, cook in boiling, salted water until soft (45 to 60 minutes). Drain. Season with butter, salt, and pepper.

Creamed Oyster Plant. Reheat in White Sauce (p. 191).

Oyster Plant aux Fines Herbes. Reheat in 3 tablespoons butter. Add 1 teaspoon finely chopped parsley and $\frac{1}{4}$ teaspoon finely chopped chives. Sprinkle with salt and pepper.

Salsify Fritters. Mash, season with butter, salt, and pepper. Shape in small flat cakes, roll in flour, and sauté in butter.

PARSNIPS

Select small young parsnips. One pound serves about 4. Wash and cook 30 minutes, or until soft, in boiling, salted water. Drain, plunge into cold water, and remove skins. Cut in slices or small pieces. Reheat in Drawn Butter Sauce (p. 194) or White Sauce (p. 191).

Sautéed Parsnips. Cut cold, boiled young parsnips in sixths, lengthwise. Sauté in butter until delicately browned and sprinkle with salt and pepper.

Parsnip Fritters. Mash boiled parsnips, season with butter, salt, and pepper, shape in small, flat, round cakes, roll in flour, and sauté in butter.

GREEN PEAS

Shell, cover with cold water, and let stand $\frac{1}{2}$ hour. Skim off undeveloped peas which rise to top of water and drain remaining peas.

Cook until soft 15 to 40 minutes in small quantity of boiling water, adding salt last 10 minutes of cooking. There should be but little, if any, water to drain from peas when they are cooked. Season with butter, salt, and pepper. If peas have lost much of their natural sweetness, they are improved by the addition of a small amount of sugar. One sprig mint for every 2 cups of peas may be cooked with peas for additional flavor.

À la Française. Very tender peas may be cooked without water. Put a tablespoon of butter (for 2 pounds of peas) in kettle, add peas, and lay over them 2 or 3 leaves of lettuce, rinsed in cold water. Cover closely and cook over slow heat. Season to taste.

Creamed Peas. Reheat 2 cups peas, cooked or canned, in heavy cream or $\frac{3}{4}$ cup White Sauce (p. 191).

PEA TIMBALES

2 $\frac{1}{3}$ cups cooked peas or 1 can peas
2 eggs, well beaten
2 tablespoons melted butter
 $\frac{2}{3}$ teaspoon salt

$\frac{1}{8}$ teaspoon pepper
Few grains cayenne
Few drops onion juice
1 cup White Sauce (p. 191)

Reserve $\frac{1}{3}$ cup peas and rub remainder through sieve. To pulp, add eggs, butter, salt, pepper, cayenne, and onion juice. Turn into buttered molds. Set in pan of hot water, cover with buttered paper; bake until firm in moderate oven (350° F.). Unmold on serving dish. Add reserved peas to sauce and serve with timbales.

FRIED PEPPERS

Cut in half, remove seeds, and parboil 5 minutes. Cut in strips and sauté in butter 5 minutes.

FRENCH FRIED PEPPER RINGS

Slice in thin rings. Remove seeds and inner membrane. Dip in egg and fine crumbs and fry in deep fat (370° F.) a few at a time. Drain on absorbent paper.

STUFFED PEPPERS

Cut in half, lengthwise, or cut a slice from stem end of each pepper, remove seeds, and parboil peppers 2 minutes. Sprinkle with salt. Fill with equal parts finely chopped, cooked chicken or veal or other cooked meat and soft bread crumbs, seasoned with onion juice, salt, and pepper. (See also suggestions for Stuffed Tomatoes, p. 482.) Cover with buttered bread crumbs and bake 10 to 15 minutes in hot oven (400° F.).

PEPPERS STUFFED WITH MUSHROOMS AND HAM

1 onion, finely chopped	4 tablespoons finely chopped, lean, raw ham
2 tablespoons butter	
4 tablespoons chopped mushrooms	3 tablespoons bread crumbs
1 cup Brown Sauce (p. 196)	6 green peppers

Cook onion in butter 3 minutes. Add mushrooms and ham, cook one minute; add $\frac{1}{3}$ cup Brown Sauce and crumbs. Cool. Parboil peppers, stuff with prepared mixture, and bake 10 to 15 minutes in hot oven (400° F.). Serve with remaining sauce.

PEPPERS STUFFED WITH CHEESE

4 green peppers	2 tablespoons butter
1½ cups grated cheese	¼ teaspoon salt
1¾ cups bread crumbs	⅛ teaspoon pepper
1 teaspoon chopped onion	Paprika to taste

Cut off thin slice from stem end of peppers, remove seeds. Parboil peppers 2 minutes in salted water, drain, and fill with mixture of remaining ingredients. Put as much stuffing in each pepper as it will hold and cover top with grated cheese. Place in a greased baking dish and bake about 20 minutes in moderate oven (350° F.), increasing the heat the last 5 minutes to brown the tops.

PEPPERS STUFFED WITH FRESH GREEN CORN

12 ears green corn	$\frac{1}{2}$ cup milk
6 green peppers	Butter, salt, and pepper

Remove husks and silky threads from corn. Cut lengthwise of cob through each row of kernels and scrape with knife to remove pulp; there should be $2\frac{1}{2}$ cups. Put pulp in omelet pan, add milk, and cook over very low heat 25 minutes, stirring frequently. If cooked on a gas range, flame should be turned low and covered with an asbestos mat. Season with butter, salt, and pepper. Parboil peppers, stuff with prepared mixture, and bake 10 to 15 minutes in hot oven (400° F.).

JARVIS STUFFED PEPPERS

$\frac{1}{2}$ cup Tomato Purée (p. 191) or canned tomato soup	1 sweetbread, parboiled and cut in cubes
$\frac{1}{2}$ cup hot, boiled rice	Paprika
Salt	6 green peppers

Combine ingredients, except peppers. Parboil peppers, stuff with prepared mixture, and bake 10 to 15 minutes in hot oven (400° F.). Serve with Littleton Sauce (p. 203).

TEMPLETON STUFFED PEPPERS

$\frac{1}{2}$ tablespoon chopped onion	Few grains cayenne
$\frac{1}{2}$ tablespoon green pepper, cut in small pieces	$\frac{1}{2}$ cup milk
2 tablespoons butter	1 cup fresh or canned corn, drained
3 tablespoons flour	1 egg, slightly beaten
1 teaspoon salt	$\frac{2}{3}$ cup dry bread, broken in very small pieces and browned in butter
$\frac{1}{4}$ teaspoon paprika	
$\frac{1}{4}$ teaspoon mustard	
6 green peppers	

Cook onion and pepper in butter 5 minutes, stirring constantly. Add flour mixed with seasonings. When well blended, pour on milk gradually, while stirring constantly. Bring to boiling point, add corn, and cook 5 minutes. Add egg and bread. Parboil peppers, stuff with prepared mixture, and bake 10 to 15 minutes in hot oven (400° F.).

SAUTÉED RADISHES

Peel, slice, and cook in boiling, salted water 20 minutes. Drain and sauté in butter.

SPINACH

Remove roots, carefully pick over, discarding wilted leaves. Wash in 7 waters, the first 2 warm, to release sand. Steam or cook, covered, in its own juices, 10 to 20 minutes. Drain, chop or not, and season with butter, salt, and pepper or French dressing. A few gratings nutmeg may be added. Garnish with toast points and (or) hard-cooked eggs sliced, cut in eighths or chopped fine.

SPINACH À LA BÉCHAMEL

2 cups chopped, cooked spinach	2 tablespoons flour
3 tablespoons butter	$\frac{3}{4}$ cup milk
Salt and pepper	

Melt butter, add spinach, cook 3 minutes. Sprinkle with flour, stir thoroughly, and add milk. Cook 5 minutes. Season.

PURÉE OF SPINACH

2 cups cooked spinach	1 tablespoon flour
3 tablespoons butter	$\frac{1}{2}$ cup cream

Rub spinach through sieve. Reheat, add butter, flour, and cream. Stir, and cook until mixture boils.

SPINACH À LA FRANÇAISE

2 cups cooked spinach	$\frac{1}{2}$ teaspoon powdered sugar
2 tablespoons butter	Salt and pepper
1 tablespoon flour	Few gratings lemon rind
$\frac{1}{3}$ cup Chicken Stock (p. 151)	Few gratings nutmeg

Chop spinach fine or put through purée strainer. Melt butter, add flour. When well blended, add stock and spinach. When hot, add seasonings.

SPINACH RING

4 cups cooked spinach $\frac{1}{3}$ cup butter
 $\frac{3}{4}$ teaspoon salt

Drain spinach very thoroughly. Chop fine and season with butter and salt. Press into buttered border mold and keep in warm place until serving time. Remove to hot platter and fill center as desired. Serve with sauce or not, as desired.

With Beets. Fill with 2 cups small whole boiled beets. Garnish with slices of hard-cooked egg or finely chopped white and crumbled yolk.

With Mushrooms. Fill with 2 cups Creamed Mushrooms.

With Creamed Chicken, Creamed Fish, or Creamed Eggs, etc.

**MOLDED SPINACH ON ARTICHOKE
BOTTOMS**

2 cups cooked spinach, 3 tablespoons vinegar
 finely chopped 1 teaspoon salt
 1 can artichoke bottoms 2 hard-cooked eggs

Drain artichoke bottoms and put in pan. Cover bottom of pan with boiling water, add vinegar and salt. Cover and cook until thoroughly heated. Drain. Season spinach with butter, pepper, and salt, and mound on artichokes. Reheat in oven. Garnish with egg yolks rubbed through coarse strainer and egg whites cut in fancy shapes.

SOUBRICS OF SPINACH

2 cups cooked spinach, finely chopped	Few grains cayenne
2 tablespoons grated Parmesan cheese	Few gratings nutmeg
2 egg yolks, slightly beaten	1 egg white, unbeaten
$\frac{1}{2}$ teaspoon salt	Butter for sautéing
1 cup White Sauce (p. 191)	

Add to spinach, cheese, egg yolks, salt, cayenne, and nutmeg. Cook 5 minutes, stirring constantly. Remove from fire and stir in egg white. Measure by rounding tablespoonfuls, sauté in butter, arrange on hot serving dish, and surround with sauce.

HAM AND SPINACH SOUFFLÉ

Stale bread crumbs	3 egg yolks, beaten until light and lemon-colored
Milk	$\frac{1}{8}$ teaspoon pepper
3 tablespoons butter	$\frac{3}{4}$ cup cooked ham, diced
1 cup chopped, cooked spinach	Salt
2 tablespoons finely chopped onion	3 egg whites, beaten until stiff

Soak crumbs in milk to cover. Let stand until bread is soft; then squeeze; there should be $\frac{1}{2}$ cup bread. Add butter and cook until pasty. Add other ingredients, folding in egg whites last. Turn into mold lined with oiled paper, cover with oiled paper, and steam (about 35 minutes) until firm. Remove from mold and serve with Mock Hollandaise (p. 201) or Hollandaise (p. 201).

Sweetbread and Spinach Soufflé. Use cooked sweetbread in place of ham.

SPINACH TIMBALES

2 cups cooked spinach, finely chopped	$\frac{1}{8}$ teaspoon pepper
2 tablespoons butter	Few drops onion juice
2 eggs, slightly beaten	2 teaspoons vinegar
1 cup milk	8 round slices bread, sautéed in butter
$\frac{2}{3}$ teaspoon salt	8 slices tomato or 1 cup tomato sauce

Combine first 8 ingredients. Fill buttered timbale molds. Bake in pan of hot water in slow oven (300° F.). Cover bread with tomato fried in butter or Tomato Cream Sauce (p. 199). Turn spinach mold on each. If tomato was used, serve with Hollandaise (p. 201). Or put Béarnaise Sauce (p. 202) on each timbale and sprinkle with blanched, chopped pistachio nuts.

SUMMER SQUASH

Wash, quarter, or cut in thick slices. Steam or cook 15 to 20 minutes, or until soft, in small amount of boiling, salted water. Drain thoroughly, mash, and season with butter, salt, and pepper.

Creamed Summer Squash. Cut in cubes, cook until nearly done but still firm, drain, and reheat in cream. Season.

FRIED SUMMER SQUASH

Wash and cut in half-inch pieces. Sprinkle with salt and pepper, dip in crumbs, egg, and crumbs again, fry in hot fat (375° F.), and drain.

SAUTÉED SUMMER SQUASH

Follow recipe for Sautéed Eggplant (p. 463).

WINTER SQUASH

Cut in pieces, remove seeds and stringy portion, and pare. Steam 30 minutes or until soft, or cook in boiling, salted water and drain. Unless squash is very dry, steaming is the better method. Mash and season with butter, salt, and pepper. If lacking in sweetness, add small quantity of sugar.

BAKED WINTER SQUASH

Leave whole or break in large pieces and remove seeds and stringy portion. Bake in moderately slow oven (325° F.) about 1½ hours. Cut, if whole, remove seeds, and scoop squash out of shell. Mash and season with butter, salt, and pepper.

BAKED WINTER SQUASH IN THE SHELL

Cut in 2-inch squares, remove seeds and stringy portion, place in dripping pan, sprinkle with salt and pepper, and allow for each square ½ teaspoon molasses and ½ teaspoon melted butter. Bake 50 minutes, or until soft, in moderate oven (350° F.), keeping covered first half-hour of cooking. Serve in the shell.

BAKED WINTER SQUASH WITH BACON

2 pounds winter squash
Salt and pepper

2 tablespoons butter
4 strips bacon, cut in squares

Remove seeds and stringy portion from squash, bake or steam until soft, remove from shell, mash, and season with salt, pepper, and butter. Put in baking dish, cover with bacon, and bake in hot oven (400° F.) until bacon is crisp.

BAKED DES MOINES SQUASH

Remove tops. Take out seeds. Brush inside and out with melted butter, sprinkle inside with salt, and replace tops. Bake 1 hour or until tender in moderate oven (350° F.). Season with salt, pepper, butter, and if desired, $\frac{1}{4}$ teaspoon sugar. Serve in the shell, 1 squash to a person.

TO PEEL TOMATOES

Hold on fork over gas flame for a moment until skin wrinkles and splits, then peel. *Or* drop into boiling water for 2 minutes, remove, peel, and chill. *Or* rub entire surface with back of knife and peel.

STEWED TOMATOES

Wipe, peel, cut in pieces, put in stewpan, and cook slowly 20 minutes, stirring occasionally. Season with butter, salt, and pepper. Add sugar if desired. Sprinkle with croutons.

SCALLOPED TOMATOES

Canned tomatoes	Few drops onion juice
Salt and pepper	Sugar, white <i>or</i> brown
	Buttered bread crumbs

Drain off some of tomato liquor. Season with salt, pepper, onion juice, and sugar if liked sweet. Cover bottom of buttered baking dish with crumbs, cover with tomatoes, and sprinkle top thickly with crumbs. Bake in hot oven (400° F.) until crumbs are brown.

BROILED *or* SAUTÉED TOMATOES

Wipe green or ripe tomatoes and slice or cut in halves crosswise. Sprinkle with salt and pepper, brush over with melted butter. If desired, dip in crumbs, egg, and crumbs again. Broil or sauté 6 to 8 minutes. Serve as a garnish for meat or fish or on sautéed bread or toast, with Horse-radish Hollandaise (p. 202).

Tomatoes à la Crème. Serve with thin cream, heated and seasoned or Thin White Sauce (p. 192).

TOMATO CURRY

- | | |
|--|---|
| 2 tablespoons butter | 2 cups tomatoes, cut in pieces
or canned |
| $\frac{1}{2}$ tablespoon finely chopped onion | $\frac{1}{2}$ tablespoon curry powder |
| 1 sour apple, pared, cored, and cut
in small pieces | 1 teaspoon vinegar |
| $\frac{1}{2}$ cup stock | Salt and pepper |
| 1 cup boiled rice | |

Cook onion in butter until yellow. Add apple and cook 8 minutes. Add stock, tomatoes, curry, vinegar, and salt and pepper. Bring to boiling point, add rice, and cook 5 minutes. Serves 6.

DEVILED TOMATOES

- | | |
|--------------------------------|-----------------------------|
| 3 tomatoes, sliced and sautéed | $\frac{1}{4}$ teaspoon salt |
| 4 tablespoons butter | Few grains cayenne |
| 2 teaspoons powdered sugar | Yolk 1 hard-cooked egg |
| 1 teaspoon mustard | 1 egg, slightly beaten |
| 2 tablespoons vinegar | |

Cream butter, add dry ingredients, egg yolk rubbed to paste, egg, and vinegar. Cook over hot water, stirring constantly, until thickened. Pour over tomatoes. Serves 6.

BAKED TOMATOES

Wipe 6 small tomatoes and make 2-inch gashes at right angles to each other, across blossom end of each. Bake until thoroughly heated. Peel and pour over White Sauce (p. 191) made with cream or sauce for Deviled Tomatoes, adding, just before serving, 1 tablespoon heavy cream.

BAKED STUFFED TOMATOES I

Wipe and remove thin slice from stem end of 6 smooth, medium-sized tomatoes. Take out seeds and pulp and drain off most of the liquid. Sprinkle with salt, invert, let stand 30 minutes or longer. Add an equal quantity of bread crumbs to pulp, season with salt, pepper, and few drops onion juice, and refill tomatoes with mixture. Place in buttered pan, sprinkle with buttered crumbs, and bake 20 minutes in hot oven (400° F.). Two tablespoons each, chopped green pepper and onion may be added to the stuffing.

With Mushrooms. Stuff with finely chopped mushrooms, mixed with Thick White Sauce or tomato pulp, seasoned to taste.

BAKED STUFFED TOMATOES II

6 tomatoes	2 tablespoons butter
½ tablespoon finely chopped onion	½ cup soft, stale bread crumbs
½ cup finely chopped, cooked chicken or veal or other cooked meat	Salt and pepper
	1 egg, slightly beaten
	Buttered cracker crumbs

Prepare tomatoes as for Baked Stuffed Tomatoes I. Cook onion and butter 5 minutes. Add chopped meat, bread crumbs, pulp from tomatoes, salt, and pepper to taste. Cook 5 minutes, add egg, cook 1 minute, and stuff tomatoes. Place in buttered pan, sprinkle with cracker crumbs, and bake 20 minutes in hot oven (400° F.).

CREOLE TOMATOES (STUFFED WITH CRAB MEAT)

6 tomatoes	Crab Meat à la King (p. 408)
	Buttered, coarse bread crumbs

Prepare tomatoes as for Baked Stuffed Tomatoes I. Fill with crab meat, sprinkle with crumbs, and bake in hot oven (400° F.) until tomatoes are soft.

DELMONICO TOMATOES (STUFFED WITH SWEETBREADS)

8 small tomatoes	1 tablespoon butter
3 green peppers	1 tablespoon Brown Sauce (p. 196)
½ onion, finely chopped	Sweetbreads, parboiled (p. 320) and cubed
¼ teaspoon soda	Buttered bread crumbs (p. 30)
	8 rounds of bread, sautéed in butter

Prepare tomatoes as for Baked Stuffed Tomatoes I. Wipe, remove seeds, and chop peppers. Add onion and soda and cook in butter 5 minutes, stirring constantly. Add Brown Sauce to bind mixture together. Line tomatoes with mixture, having it extend over edge of tomatoes. Fill with sweetbread cubes, cover with crumbs, and bake 12 minutes in hot oven (400° F.). Place on sautéed bread and cover with sauce.

MASHED TURNIPS

Wash, pare, and slice, dice, or quarter. Cook, uncovered, in boiling, salted water until soft (20 to 60 minutes). Drain, mash, and season with butter, salt, and pepper.

Creamed Turnips. Reheat 3 cups diced, cooked turnip in 1 cup White Sauce (p. 191).

TURNIPS EN CASSEROLE

3 cups turnips, cubed or cut	1½ teaspoons salt
with French vegetable cutter	1½ teaspoons sugar
¼ cup butter	⅓ cup water or stock

Put turnips in baking dish with other ingredients. Cover and bake in moderate oven (350° F.) until soft.

TURNIP CROQUETTES

1¼ cups mashed turnip, thoroughly	Salt and pepper
drained by wringing in cheesecloth	2 egg yolks, slightly beaten

Season turnip with salt and pepper. Add egg yolks, cool, shape in small croquettes, and fry in deep fat. (See Croquettes, p. 396.)

VEGETABLES EN CASSEROLE

6 medium-sized potatoes, sliced	¼ cup rice, picked over and
thin	washed
1 small turnip, cubed	1 teaspoon salt
1 cup canned or cooked peas	⅓ teaspoon pepper
1 cup tomatoes	⅓ teaspoon allspice
1 onion, sliced	4 cups Brown Stock (p. 144)

Put ingredients, except stock, in alternate layers in casserole, pour on stock, cover, and cook 3 hours, or until rice is tender, in slow oven (250° F.).

CARROT *or* TURNIP SOUFFLÉ

Follow recipe for Onion Soufflé (p. 473), using carrot or turnip.

CURRIED VEGETABLES

1 cup potatoes	} cooked and cut in fancy shapes	½ cup peas, cooked or canned
1 cup carrots		Curry Sauce (p. 192)
½ cup turnips		Finely chopped parsley

Mix vegetables and add sauce. Sprinkle with parsley.

MACÉDOINE OF VEGETABLES À LA POULETTE

1¼ cups carrots	} cut in strips or fancy shapes and cooked	1¼ cups peas, cooked or canned
½ cup turnips		Suprême Sauce (p. 195), made with vegetable water

Add vegetables to sauce and heat to boiling point. Top milk may be used in sauce and egg yolk omitted.

For additional recipes using cooked Vegetables, see Chapter 14, "Soups with Stock", Chapter 15, "Vegetable and Cream Soups", Chapter 28, "Fritters and Croquettes", Chapter 31, "Cold Entrées", and Chapter 35, "Salads."

CHAPTER 34

SALAD DRESSINGS

BASIC FRENCH DRESSING

$\frac{1}{2}$ cup olive oil
1 teaspoon salt
 $\frac{1}{2}$ teaspoon pepper or paprika

$\frac{1}{4}$ cup vinegar, red wine vinegar,
lemon juice, or half vinegar and
half lemon juice

Place ingredients in small, covered bottle or glass jar. Chill thoroughly. Just before serving, shake vigorously 1 or 2 minutes. Make up a larger amount and keep on hand to use in many ways, to marinate meat or vegetables as well as seasoning and salad dressing.



Ways to Vary French Dressing.

Use French olive oil for its delicate flavor, Italian for its rich fruity flavor.

Add a few drops of onion juice or 1 teaspoon finely chopped

shallot, or shake a cut garlic clove with dressing (remove before serving).

Add a trace of sugar.

Add $\frac{1}{2}$ teaspoon dry mustard.

Season with Tabasco or other table sauce to taste.

SPECIAL FRENCH DRESSINGS

Breslin French Dressing. Add 1 tablespoon chopped pistachio nuts and $\frac{1}{2}$ teaspoon finely chopped truffle to French Dressing.

California French Dressing. Use grapefruit juice in place of vinegar.

Chutney Dressing. Use half lemon and half vinegar and add $\frac{1}{4}$ to 1 cup finely chopped chutney, according to taste.

Cream French Dressing. Add $\frac{1}{3}$ cup heavy cream, unbeaten, or beaten until thick but not stiff.

Curry Dressing. Add $\frac{1}{4}$ teaspoon curry powder and a few drops of onion juice.

Ginger French Dressing. Add 1 tablespoon finely chopped, preserved ginger.

Honey Dressing. Omit pepper. Add $\frac{1}{4}$ cup strained honey. Beat until frothy.

Martinique French Dressing. Add 1 teaspoon finely chopped parsley and 1 tablespoon finely chopped green pepper.

Mint Dressing. Add 1 to 2 tablespoons finely cut fresh mint leaves.

Porto Rico Dressing. Use half lemon juice and half vinegar and add 2 tablespoons chopped olives and 1 tablespoon tomato catsup.

Roquefort French Dressing. Add 1 to 4 tablespoons dry Roquefort cheese crumbs and a few drops of onion juice.

Russian French Dressing. Add 2 tablespoons Chili Sauce, 1 tablespoon finely chopped red or green pepper, and a few drops onion juice.

Tomato French Dressing. Add 1 teaspoon strained tomato juice and a few drops of onion juice.

Vinaigrette. See Vinaigrette Sauce (p. 206).

CHIFFONADE DRESSING

French Dressing	1 teaspoon finely chopped
2 tablespoons finely chopped shallot or onion	
parsley	2 hard-cooked eggs, finely
2 tablespoons finely chopped	chopped
red pepper	

Mix ingredients, chill, and shake thoroughly.

COLUMBIA FRENCH DRESSING

$\frac{3}{4}$ cup olive oil	1 teaspoon onion juice
$\frac{1}{4}$ cup lemon juice	2 teaspoons mustard
2 tablespoons Worcestershire Sauce	2 teaspoons salt

Mix ingredients, chill, and shake thoroughly.

CUMBERLAND DRESSING

French Dressing, made with	1 tablespoon heavy cream
lemon juice	1 tablespoon currant jelly
$\frac{1}{4}$ teaspoon grated lemon rind	

Mix, chill, and shake thoroughly.

FRENCH FRUIT DRESSING

French Dressing, made with	1 candied plum, chopped
lemon juice	$\frac{1}{2}$ slice candied pineapple,
4 candied cherries, chopped	chopped

Mix, chill, and shake thoroughly.

INDIAN SALAD DRESSING

French Dressing	1 tablespoon finely chopped green
Yolks 2 hard-cooked eggs,	pepper
rubbed through a strainer	1 tablespoon finely chopped pickled
1 tablespoon finely chopped	beets
red pepper	1 teaspoon finely chopped parsley

Mix ingredients, chill, and shake thoroughly.

LAKEWOOD DRESSING

4 tablespoons olive oil	1 teaspoon salt
1 tablespoon grapefruit juice	$\frac{1}{4}$ teaspoon paprika
$\frac{1}{2}$ tablespoon vinegar	$\frac{1}{8}$ teaspoon pepper
1 tablespoon finely chopped Roquefort cheese	

Mix ingredients, chill, and shake thoroughly.

LIME DRESSING

4 tablespoons olive oil	$\frac{1}{8}$ teaspoon pepper
2 tablespoons fresh lime juice	$\frac{1}{4}$ teaspoon salt
5 drops Tabasco Sauce	1 teaspoon celery salt
Few grains cayenne	2 teaspoons sugar

Mix ingredients, chill, and shake thoroughly.

NUT PASCAGOULA DRESSING

1 tablespoon blanched pecans	$\frac{1}{4}$ teaspoon salt
1 tablespoon blanched almonds	$\frac{1}{2}$ teaspoon catsup
$\frac{1}{4}$ teaspoon mustard	$\frac{1}{4}$ teaspoon sugar
$\frac{1}{4}$ teaspoon paprika	1 tablespoon vinegar
5 tablespoons olive oil	

Pound nuts into a paste. Mix seasonings, add vinegar, and beat in oil slowly; add gradually to nut mixture.

OHIO SALAD DRESSING

1 tablespoon powdered sugar	$\frac{1}{4}$ teaspoon mustard
2 teaspoons Worcestershire Sauce	Few grains cayenne
2 teaspoons tomato catsup	3 drops Tabasco Sauce
1 tablespoon olive oil	$1\frac{1}{2}$ tablespoons lemon juice
$\frac{1}{2}$ teaspoon salt	$1\frac{1}{2}$ tablespoons vinegar

Mix ingredients, chill, and shake thoroughly.

PARISIAN FRENCH DRESSING

French Dressing	2 tablespoons finely chopped
$\frac{1}{2}$ teaspoon powdered sugar	parsley
1 tablespoon finely chopped	$\frac{1}{2}$ tablespoon chopped pimiento
Bermuda onion	$\frac{1}{2}$ tablespoon chopped green
1 teaspoon salt	pepper

Mix ingredients, chill, and shake thoroughly.

PINEAPPLE HONEY DRESSING

$\frac{1}{2}$ cup honey	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup lemon juice	3 tablespoons crushed pineapple

Mix, chill, and shake thoroughly.

ST. LAWRENCE DRESSING

$\frac{1}{2}$ cup olive oil	8 olives, thinly sliced
Juice $\frac{1}{2}$ lemon	$\frac{3}{4}$ teaspoon salt
Juice $\frac{1}{2}$ orange	$\frac{1}{4}$ teaspoon mustard
1 teaspoon grated onion	$\frac{1}{4}$ teaspoon paprika
1 teaspoon chopped parsley	1 teaspoon Worcestershire Sauce

Mix, chill, and shake until thickened.

THOUSAND ISLAND FRENCH DRESSING

$\frac{1}{2}$ cup olive oil	1 teaspoon onion juice
Juice $\frac{1}{2}$ orange	1 tablespoon finely chopped parsley
Juice $\frac{1}{2}$ lemon	8 sliced stuffed olives
1 teaspoon salt	1 teaspoon Worcestershire Sauce
$\frac{1}{4}$ teaspoon paprika	$\frac{1}{4}$ teaspoon mustard

Mix ingredients, chill, and shake thoroughly.

MAYONNAISE

$\frac{1}{2}$ teaspoon mustard	1 egg yolk
$\frac{1}{2}$ teaspoon sugar	1 tablespoon vinegar
$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup olive oil, <i>thoroughly chilled</i>
Few grains cayenne	1 tablespoon lemon juice

Sift first 4 ingredients into a bowl, add egg yolk, mix thoroughly, and add vinegar, while stirring constantly. Beat in 3 teaspoons oil, a drop at a time. Add 1 teaspoon oil at a time until mixture thickens. When very thick, add lemon juice and remaining oil rapidly.

Beat with silver fork, wire whisk, small wooden spoon, or egg beater as preferred. Mayonnaise should be stiff enough to hold its shape. It soon liquefies when added to meat or vegetables; therefore it should be added just before serving time. If dressing is to be kept for a few days, add at the last 1 teaspoon hot water.

Add mashed yolk of a hard-cooked egg to dry ingredients, if desired.

In making variations, use home-made or commercial mayonnaise.

Carlton Salad Dressing. Add 2 tablespoons Tomato Purée (p. 191), or undiluted canned tomato soup, $\frac{1}{2}$ tablespoon lemon juice, $1\frac{1}{2}$ teaspoons powdered sugar, $\frac{1}{4}$ teaspoon Worcestershire Sauce, $\frac{1}{2}$ teaspoon A 1 Sauce.

Chinese Dressing. Add $\frac{1}{4}$ cup chopped almonds, $\frac{1}{4}$ cup currant jelly, and $\frac{1}{2}$ cup heavy cream, whipped.

Chutney Mayonnaise. Add $1\frac{1}{2}$ tablespoons chutney and stir until thoroughly blended.

Cream Mayonnaise. Add $\frac{1}{3}$ cup heavy cream, sweet or sour, beaten until stiff.

Green Mayonnaise. Color with spinach juice or vegetable coloring, or pound $\frac{1}{2}$ cup watercress and $\frac{1}{4}$ cup parsley in mortar, squeeze through cheesecloth, and use to color Mayonnaise.

Mayonnaise à la Connelly. Add $\frac{1}{2}$ cup cold, boiled rice.

Mayonnaise Piquante. Add 2 tablespoons, each, olives and pickles, finely chopped.

Ravigôte Mayonnaise. Pound in mortar 2 tablespoons cooked spinach, 1 tablespoon capers, 3 anchovies, $\frac{1}{3}$ cup parsley, and $\frac{1}{2}$ cup watercress. Squeeze through cheesecloth and add to Mayonnaise.

Red Mayonnaise. Color with tomato juice, tomato catsup, Tomato Purée, vegetable coloring, or lobster coral forced through fine sieve.

Russian Dressing I. To $\frac{1}{2}$ cup Mayonnaise, add $\frac{1}{4}$ cup Chili Sauce, drained from liquor, $\frac{1}{4}$ cup India Relish, and $\frac{1}{2}$ teaspoon powdered sugar.

Russian Dressing II. To $\frac{1}{2}$ cup Mayonnaise, add $\frac{1}{4}$ cup Chili Sauce, 1 tablespoon celery, cut in small pieces, 1 tablespoon pimiento, cut in small pieces, 1 tablespoon green pepper, cut in small pieces.

Thousand Island Dressing. To Russian Dressing I or II, add $\frac{1}{4}$ cup cream beaten until stiff. Serve immediately.

QUICK MAYONNAISE

$\frac{1}{2}$ teaspoon salt	1 tablespoon vinegar
$\frac{1}{4}$ teaspoon mustard	1 tablespoon lemon juice
Few grains cayenne	1 egg
$1\frac{1}{2}$ cups olive oil	

Mix dry ingredients, add vinegar and egg. Beat with egg beater, add $\frac{1}{3}$ cup oil, and beat until dressing begins to thicken. Add $\frac{1}{3}$ cup oil, beat as before. Add remaining oil, $\frac{1}{3}$ cup at a time. Beat until thick. Thin with lemon juice.

NEVER FAIL MAYONNAISE

2 egg yolks, slightly beaten	$\frac{1}{2}$ teaspoon salt
1 tablespoon vinegar	$\frac{1}{2}$ teaspoon sugar
1 $\frac{1}{2}$ tablespoons cold water	Few grains cayenne
$\frac{1}{2}$ teaspoon mustard	1 to 1 $\frac{1}{2}$ cups olive oil

Mix dry ingredients. Add to egg yolks. Add water. Beat in oil, drop by drop, until thick. Add vinegar, then oil, $\frac{1}{4}$ cup at a time, until of desired thickness.

POTATO MAYONNAISE

Very small baked potato	1 teaspoon powdered sugar
1 teaspoon mustard	2 tablespoons vinegar
1 teaspoon salt	$\frac{3}{4}$ cup olive oil

Remove potato from skin and mash. Add mustard, salt, and powdered sugar; add 1 tablespoon vinegar and rub mixture through fine sieve. Add, slowly, oil and remaining vinegar.

HARVARD SALAD DRESSING

4 hard-cooked eggs	$\frac{1}{2}$ teaspoon mustard
4 tablespoons olive oil	$\frac{1}{2}$ teaspoon salt
4 tablespoons vinegar	Few grains cayenne
$\frac{1}{2}$ tablespoon sugar	1 egg white, beaten stiff

Force yolks of hard-cooked eggs through strainer, then work until smooth. Add sugar, mustard, salt, and cayenne, and when well blended, add gradually oil and vinegar, stirring and beating until thoroughly mixed. Cut and fold in egg white.

ASTORIA SALAD DRESSING

$\frac{1}{4}$ cup Mayonnaise	$\frac{1}{4}$ tablespoon finely chopped
$\frac{1}{4}$ cup French Dressing (p. 486)	green pepper
2 tablespoons tomato catsup	3 drops Tabasco Sauce

Add French Dressing slowly to Mayonnaise, stirring constantly; then add remaining ingredients.

ROQUEFORT CHEESE DRESSING

2 tablespoons Mayonnaise	2 tablespoons Roquefort cheese,
French Dressing (p. 486)	broken in small pieces
$\frac{1}{2}$ teaspoon Worcestershire Sauce	

Mix Mayonnaise and cheese and add French Dressing very slowly; then add Worcestershire Sauce. Cream cheese or cream cheese with Roquefort flavor may be used in place of Roquefort.

WHIPPED-CREAM DRESSINGS**DENVER CREAM DRESSING**

1 tablespoon mustard	2 tablespoons lemon juice
1 teaspoon salt	1 cup whipping cream

Mix mustard and salt. Add lemon juice and 2 tablespoons cream. Beat remaining cream until it begins to thicken, then beat in mixture slowly, continuing the beating until mixture is stiff enough to hold its shape.

GERMAN CREAM DRESSING

$\frac{1}{2}$ cup whipping cream	$\frac{1}{4}$ teaspoon salt
3 tablespoons vinegar	Few grains pepper

Beat cream until stiff, using an egg beater. Add salt, pepper, and vinegar very slowly, continuing the beating.

Horse-radish Cream Dressing. Fold in 2 tablespoons grated horse-radish root.

COOKED DRESSINGS**PLAIN COOKED DRESSING**

$\frac{1}{4}$ tablespoon salt	1 egg or 2 egg yolks, slightly
1 teaspoon mustard	beaten
$\frac{2}{3}$ tablespoon sugar	2 tablespoons butter
Few grains cayenne	$\frac{3}{4}$ cup milk
2 tablespoons flour	$\frac{1}{4}$ cup vinegar

Sift dry ingredients, add egg, butter, milk, and vinegar very slowly. Stir and cook over boiling water until mixture begins to

thicken. Strain and cool. For a thinner dressing, use one egg yolk.

Cream Dressing. Omit flour and butter. Use cream in place of milk. Cook cream with mixture or cook mixture without cream, chill, and fold in cream, beaten until thick but not stiff.

WALTHAM *or* SOUR CREAM SALAD DRESSING

1 cup sour cream	2 teaspoons salt
1 egg, slightly beaten	2 teaspoons sugar
$\frac{1}{4}$ cup vinegar	1 teaspoon mustard
	$\frac{1}{8}$ teaspoon pepper

To cream add egg, vinegar, and dry ingredients, thoroughly mixed. Cook in double boiler, stirring constantly, until mixture begins to thicken.

COOKED OLIVE OIL DRESSING

$1\frac{1}{2}$ teaspoons mustard	2 tablespoons olive oil
1 teaspoon salt	$\frac{1}{3}$ cup vinegar diluted with
2 teaspoons powdered sugar	cold water to make $\frac{1}{2}$ cup
Few grains cayenne	2 eggs, slightly beaten

Mix dry ingredients, add egg and oil gradually, stirring constantly until thoroughly mixed. Add diluted vinegar. Cook over boiling water until mixture begins to thicken. Strain and cool.

CHICKEN SALAD DRESSING

$\frac{1}{2}$ cup rich chicken stock	1 teaspoon salt
$\frac{1}{2}$ cup vinegar	$\frac{1}{4}$ teaspoon pepper
5 egg yolks, slightly beaten	Few grains cayenne
2 tablespoons mixed mustard	$\frac{1}{2}$ cup thick cream
	$\frac{1}{3}$ cup melted butter

Obtain stock by reducing stock in which fowl has been cooked to $\frac{1}{2}$ cup. Add vinegar, egg yolks, and seasonings to stock. Cook in double boiler, stirring constantly until mixture begins to thicken. Strain, add cream and butter. Cool.

FRUIT SALAD DRESSING I

$\frac{1}{8}$ cup orange juice	$\frac{1}{2}$ cup sugar
$1\frac{1}{2}$ tablespoons lemon juice	1 cup whipping cream
1 egg or 2 egg yolks, slightly beaten	Few grains salt

Mix fruit juices, add egg and sugar. Cook in double boiler 2 minutes. Cool, add cream beaten until thick but not stiff. Add salt and continue beating until thoroughly blended. Canned fruit sirup may replace orange juice and half the sugar.

FRUIT SALAD DRESSING II

2 eggs	$\frac{1}{4}$ cup powdered sugar
3 tablespoons melted butter	$\frac{1}{2}$ teaspoon celery salt
3 tablespoons lemon juice	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ teaspoon paprika
1 cup whipping cream	3 drops onion juice, if desired

Beat eggs until very light, and add gradually, while beating constantly, melted butter, lemon juice, and salt. Cook over hot water, stirring constantly, until mixture begins to thicken. Cool, add cream, beaten until thick but not stiff, and remaining ingredients.

LOS ANGELES DRESSING

4 egg yolks, slightly beaten	1 teaspoon mustard
$\frac{1}{4}$ cup olive oil	Few grains cayenne
1 tablespoon lemon juice	1 cup whipping cream
$1\frac{1}{2}$ tablespoons vinegar	1 teaspoon sugar
1 teaspoon salt	$1\frac{1}{2}$ tablespoons grated horse-radish root

Add oil, lemon juice, vinegar, salt, mustard, and cayenne to egg yolks. Cook in double boiler, stirring constantly, until mixture begins to thicken. Chill, add cream, beaten until thick, sugar, and horse-radish.

MAPLE SIRUP DRESSING

1 egg	1 cup maple sirup	Juice of $\frac{1}{2}$ lemon
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Beat egg slightly with a fork, add sirup and lemon juice, and cook in double boiler over hot water until thick, stirring constantly. Chill. Add 2 tablespoons or more according to taste, to 1 cup whipped cream.

TANGO SALAD DRESSING

1½ tablespoons flour	½ cup evaporated milk
¾ tablespoon mustard	⅓ cup lemon juice
2 tablespoons sugar	2 tablespoons butter
½ tablespoon salt	¼ teaspoon celery seed
1 egg, slightly beaten	½ cup whipping cream
Orange juice	

Sift flour, mustard, sugar, and salt. Add egg, milk, and lemon juice. Cook in double boiler, stirring constantly, until mixture begins to thicken. Strain, add butter and celery seed. Cool and add cream, beaten until thick. Just before serving, thin with orange juice.

CHAPTER 35

SALADS

SALAD SERVICE

For Dinner. A green salad or one of the simpler fruit salads should accompany a hearty dinner. Serve on chilled individual salad plates or in salad bowl. Do not overcrowd plate. Have pieces of size convenient to take with fork. Just before serving, pour over salad French Dressing or one of its variations or pass dressing separately.



Salad Ingredients

For Luncheon. When a hearty main course is served, the same rules apply as for a dinner salad. When the main course is very light, a more elaborate salad may be served.

For Luncheon, Sunday Night Supper, Buffet Supper, or Buffet Luncheon. Mixed fruit salads (p. 515), salads with fish, meat, or eggs (p. 524), molded salads (p. 517), and salad sandwich

loaves (p. 528) are appropriate. With fruit or vegetable salads, serve cold meat or cheese in some form (Cheese Soufflé (p. 388), crackers and cheese, toasted cheese sandwiches, etc.). Individual salad plates may be arranged on large plates (dinner size) with separate servings of a hearty salad, a mixed green salad, and a cheese accompaniment, such as Cheese and Nut Balls (p. 502), etc.

As a First Course. Serve a stuffed tomato salad (simple stuffing), avocado salad, or a mixed green salad, such as Chiffonade, Spring, or Normandy Salad (p. 505). One or two anchovies or sardines for each serving add an appetizing touch to a simple green salad. Serve with Melba Toast or simple unsweetened wafers.

As a Dessert. Serve a mixed fruit salad (p. 515) or a frozen fruit salad (p. 523). The dressing is usually sweet or slightly sweet, such as Ginger French Dressing (p. 487), French Fruit Dressing (p. 488), Lime Dressing (p. 489), Honey Dressing (p. 487), Cumberland Dressing (p. 488), Nut Pascagoula Dressing (p. 489), Pineapple Honey Dressing (p. 489), Fruit Salad Dressing I or II (p. 495), etc.

A mixed fruit salad may be very attractively arranged for dessert service on a large glass or china chop plate; in this case the fruit is sprinkled with lemon juice and thoroughly chilled and the dressing passed.

Picnic Salads should be ones which are not injured by being prepared long in advance or by being tightly packed or shaken. Potato, cooked vegetable, chicken, or fish salads are suitable. A cooked dressing is safer than Mayonnaise which may separate if mixed with the salad too long in advance of serving. Lettuce, tomato, cucumber, etc., may be washed and wrapped separately in waxed paper, to be sliced and mixed with French dressing when ready to serve.

PREPARATION OF SALAD INGREDIENTS

SALAD GREENS

Cut away any discolored or wilted parts. Chill thoroughly. Store washed salad greens in covered container in refrigerator. Or store in wet cheesecloth bag hung in cool place with good circulation of air but not cold enough to freeze.

Boston or Head Lettuce. Cut off root end and hold, head downward, under running water so that leaves are separated by water. Or, after cutting off root end, let stand in cold water.

Iceberg Lettuce. Wash and cut in halves, quarters, or in slices. To separate leaf by leaf, follow instructions for Boston lettuce.

Romaine, Escarole, Watercress, Parsley, Spinach (tender, young leaves), Chicory, Dandelion, etc. Separate leaf by leaf. Remove any hard or discolored part. Wash carefully but thoroughly. Dry gently with clean, soft towel. If all is not to be used immediately, store, unwashed, in tightly covered receptacle and wash as needed.

VEGETABLES

Celery. Wash carefully. Save tough outer stalks to cook as a vegetable or for soup. Serve hearts whole (club style) or separated into individual stalks. Crisp in covered container in refrigerator or by placing in ice water to which has been added a little lemon juice or vinegar or a lemon rind.

To Curl Celery. Use a sharp knife and, beginning at end of stalk, make five cuts parallel with each other, extending one third the length of celery. Put in cold or ice water and let stand over night or for several hours, when cut ends will curl back and celery will be very crisp. Both ends may be curled. *To cut celery for salad*, cut lengthwise in narrow strips, then crosswise in fine pieces or short strips.

Cucumbers. Pare or not. Slice thinly, dice, or cut in fancy shapes. If slices with fancy edge are desired, pare with fluted knife or make parallel grooves lengthwise of cucumber with silver fork.

Radishes. Remove tip, leave only such parts of leaves and stem as make an attractive garnish. Cut to represent tulips or roses or remove even strips at intervals. (See page 501.) Keep in ice water until serving time.

Tomatoes. Hold on fork over gas flame for a moment until skin wrinkles and splits, then peel. Or drop into boiling water for 2 minutes, remove, peel, and chill. Or rub entire surface with back of knife and peel.

Cooked Vegetables. Cut in pieces of attractive size and shape. Marinate and chill thoroughly before combining.

Cooked Meat. Free from skin, gristle, and bones and cut in small cubes.

Cooked Fish. Flake or cut in cubes.

FRUITS

Use thoroughly ripe but firm and unblemished fruit, thoroughly chilled. Cut in even pieces. Prepare as required by recipe.

Apples. Cortland and Delicious are superior apples for salad. Do not pare apples with bright red skin. Wipe, core, and cut in pieces. To make very crisp and white, cut apples in pieces and soak in salted ice water.

Avocados or Alligator Pears. To select, see p. 50. Cut in half and remove seed. Peel and cut as desired.

Bananas. Peel, scrape with silver or stainless steel knife, and cut in pieces as desired. Sprinkle with lemon juice or cut just before using.

Orange or Grapefruit. To remove sections, see pp. 51-52.

Dried Fruit, Raisins, Candied Orange Peel, etc. If to be used with canned fruit, combine and let stand several hours before draining juices from canned fruit.

TERMS USED IN SALAD MAKING

Chapon. Remove a small piece from end of French loaf and rub over with a clove of garlic, first dipped in salt. Place in bottom of salad bowl before arranging salad. A chapon is often used in vegetable salads and gives an agreeable additional flavor.

To Marinate. Let stand in French Dressing until well seasoned. Also used in meat cooking, etc., to improve flavor.

To Mask. Cover whole surface of a salad with Mayonnaise or a similar dressing. Masking is usually done as a base for garnishing.

Julienne-shaped pieces are the size and shape of small matches.

SALAD GARNISHES

Parsley, chives, green pepper, or pimienta, cut fine.

Sprays of watercress, mint, or parsley.

Strips of pimienta or green pepper.

Grated raw carrot.

Cucumber, diced or in thin slices.

Radishes whole, in thin slices, or cut to represent tulips or roses.

Stuffed olives, whole or sliced.

Truffles, chopped or cut in fancy shapes.

Capers.

Ripe olives, whole or chopped.

Aspic cubes, plain or colored red or green.

Jelly cubes.

Tiny bottled grapes, colored red, green, or orange.

Red or green cherries, whole or cut in petal-shaped pieces.

Cream cheese or whipped cream put on with pastry bag.

Candied orange peel, chopped fine.

Candied fruits of various colors, chopped or cut in shapes.



Radish Flowers, Curled Celery, and a Cheese Carrot

CHEESE CARROTS

Shape cream or pimienta cheese in form of small carrots. Insert parsley to represent tops. If desired, roll in grated raw carrot.

FRIED CHEESE BALLS

1½ cups grated mild cheese
 1 tablespoon flour
 ¼ teaspoon salt

Few grains cayenne
 3 egg whites
 Cracker dust

Mix cheese with flour and seasonings. Beat egg whites until stiff and add to first mixture. Shape in small balls, roll in cracker dust, fry in deep fat (280° F.), and drain on brown paper.

CREAM CHEESE BALLS

Mash cream cheese, moisten with cream or salad dressing. Season to taste with salt and paprika. Shape in balls about 1 inch in diameter.

Cheese and Nut Balls. Roll in finely chopped nut meats.

Ginger Cheese Balls. Add finely chopped Canton ginger to mixture.

Cheese Mushrooms. Shape like mushroom caps and stems. Roll each part in sifted chopped almonds. Put together.

Olive or Walnut Deceits. Add ¼ cup chopped olives or walnut meats to mixture. Roll in sifted cracker crumbs. Flatten and place English walnut meats opposite each other on each ball.

Roquefort Cheese Balls. Blend in crumbs of Roquefort cheese. Season with a few drops of onion juice.

FIGS, DATES, OR PRUNES STUFFED WITH CHEESE

Mash cream or cottage cheese, moisten with heavy cream, and season highly with salt and cayenne. If desired, add a few chopped seedless raisins or blanched almonds. Wash and dry figs, dates, or prunes, remove pits, make an incision in each, and stuff with cheese mixture. Smooth off along cut.

STUFFED CHERRIES

Remove stones from fresh or canned white cherries. Fill each with a whole nut meat.

LEMON BASKETS

Cut lemon in half, using special knife which makes a scalloped edge. Extract juice to use as desired and carefully cut out pulp and center. Cut off piece from end so that basket will stand firmly. Fill with Mayonnaise.*

GREEN SALADS

Individual Service. Arrange any salad greens on chilled plates. Serve with French Dressing * or any variation such as Chiffonade Dressing (p. 488), Russian Dressing (p. 491), etc. Do not use a sweet dressing. Arrange leaves of endive or romaine parallel to each other.

French Salad Bowl. Rub wooden salad bowl with clove of garlic or put in piece of bread rubbed over with clove of garlic. Arrange in it layer of crisp and dry lettuce or other salad green, bits of watercress, etc. Pour over French Dressing.* Toss lightly with two large forks until all parts are well coated with dressing. Cut through and through until pieces are small enough to serve easily. Serve from bowl. Small wedges of tomato, bits of avocado, grapefruit sections, etc., may be added as desired, but should be thoroughly drained.

To dress salad at table. Use same proportion of ingredients as for French Dressing. Sprinkle with seasonings, add oil, toss over and over until leaves are well-coated. (The French call it "fatiguing" the salad.) Add vinegar and toss again.

CABBAGE SALAD BOWL

Remove outside leaves from small, solid white cabbage and cut off stalk close to leaves. Cut out center leaving a shell the thickness of three or four leaves. Cut edge in points. Pin each point with a long clove. Fill with any cabbage salad. An attractive service for a country buffet supper.

* French Dressing, p. 486. Mayonnaise, p. 490.



A Bowl of Crisp Greens Is the Perfect Salad for a Buffet Supper

SIMPLE GREEN SALADS

The salads suggested below are suitable to serve at dinner or with a hearty course at luncheon or supper. For ways to serve, see page 503. For garnishes, see page 501. For accompaniments, see page 130. Cream Cheese and Roquefort Cheese Balls (p. 502) are often put into the salad bowl with the greens.

Lettuce.

French Dressing,* or a variation

Iceberg Lettuce, or Chinese Cabbage.

Russian Dressing⁴⁸⁷ or
Thousand Island
French Dressing⁴⁹⁰

Watercress or Chicory.

French Dressing*

Spinach, tender leaves, garnished with Pimiento.

Thousand Island
French Dressing⁴⁹⁰

Endive or Romaine.

French Dressing*,
Roquefort Dressing⁴⁸⁷,
Thousand Island
French Dressing⁴⁹⁰

Lettuce and Watercress.

French Dressing*

Endive and Watercress.

French Dressing*

Chiffonade Salad. Finely cut celery, short pieces of romaine, small sections of tomato, and watercress on lettuce.

Chiffonade Dressing⁴⁸⁸

Florentine Salad. Diced celery, endive, and sliced cucumber on lettuce. Sprinkle with finely chopped, hard-cooked egg.

Thousand Island
French Dressing⁴⁹⁰

Normandy Salad. Romaine sprinkled with chopped red and green peppers and chopped green and ripe olives.

French Dressing*

Spring Salad. Tomato sections, sliced cucumber, sliced radish, strips of green pepper, green onions, and watercress on lettuce.

French Dressing*

* French Dressing, p. 486.

SIMPLE VEGETABLE SALADS

For garnishing suggestions, see p. 501. Marinate cooked vegetables separately in French Dressing. Chill thoroughly. Unless otherwise indicated, serve on lettuce.

Asparagus Tips. Cooked or canned. On thick slice of tomato with garnish of strips of pimiento and green pepper.

Beets. Cooked and sliced thin, sprinkled with chopped mint.

Broccoli. Cooked and chilled, with or without lettuce.

Cabbage. Finely chopped or shredded, plain, or mixed with grated raw carrot, a few sliced stuffed olives, a bit of chopped candied orange peel, finely cut celery or apple ($\frac{1}{3}$ to $\frac{1}{2}$ amount of cabbage), or drained, crushed pineapple ($\frac{1}{3}$ to $\frac{1}{2}$ amount of cabbage). (Also p. 507.)

Carrots. Uncooked, chopped with a few blanched almonds, seasoned and moistened with dressing.

Cauliflower. Cooked and separated into flowerets or uncooked and sliced.

Celeriac. Cooked and cut in halves.

Celery. Cut fine.

Cucumber. Sliced, diced, or cut in fancy shapes. (Also p. 507.)

Onion, Bermuda. Very thin slices or rings.

Heart of Palm. Canned, sliced.

Potato. (See p. 507.)

Spinach. Cooked, finely chopped, and seasoned with lemon juice or French Dressing. Mold and chill. If desired, serve on thin slice of cooked ham, cut to fit.

French Dressing * or
Vinaigrette Dressing²⁰⁶

French Dressing *

French * or Vinaigrette
Dressing²⁰⁶

Plain Cooked Dress-
ing⁴⁹³, Cream Dress-
ing⁴⁹⁴, or Denver
Cream Dressing⁴⁹³

Mayonnaise *

French Dressing * or Ra-
vigôte Mayonnaise⁴⁹¹

French Dressing *

Mayonnaise * or Cream
Dressing⁴⁹⁴

French * or Parisian
French Dressing⁴⁸⁹

French Dressing *

French Dressing *

French Dressing *

Tartare Sauce²⁰⁷

* French Dressing, p. 486. Mayonnaise, p. 496.

Tomatoes. Peeled and chilled, French Dressing,*
 whole, halved, quartered, or sliced. Cream Mayonnaise,*
 Sprinkle with finely chopped chives or Horse-radish Cream
 garnish with watercress. (Also p. 509.) Dressing⁴⁹³, etc.

Yellow Tomatoes. Peeled and French Dressing*
 chilled, cut in halves, and sprinkled
 with chopped parsley.

CABBAGE, CELERY, AND NUT SALAD

1½ cups finely cut celery	1 cup shredded cabbage
1 cup pecan nut meats, broken in pieces	Cream Dressing (p. 494)

Mix and serve on lettuce.

CUCUMBER CUPS

Pare cucumbers or not. Remove a thick slice from each end and with a silver fork make parallel grooves lengthwise of cucumber. Cut in pieces crosswise and remove some of the inside, leaving cups. Cut cups in thin slices crosswise. Arrange cups on nests of lettuce leaves and fill with Cream French Dressing (p. 487) or Tartare Sauce (p. 207).

CUCUMBER AND RADISH SALAD

Pare cucumber. Cut in 2-inch pieces. Make cuts as if for thin slices but do not cut all the way through. Insert slice of radish in each cut. Serve on lettuce with French Dressing* or Martinique French Dressing (p. 487).

HOT POTATO SALAD

6 medium-sized potatoes	2 tablespoons tarragon vinegar
Salt, pepper	2 tablespoons cider vinegar
¼ cup celery, finely chopped	4 tablespoons olive oil or
1 tablespoon parsley, finely	bacon fat
chopped	1 slice lemon, ⅛ inch thick

Cook potatoes, cool, and slice thinly into baking dish. Season and sprinkle with celery and parsley. Mix vinegar and oil or fat, add lemon and heat to boiling point, pour over potatoes, cover, and let stand in moderate oven until thoroughly warmed.

* French Dressing, p. 486. Mayonnaise, p. 490.

POTATO SALAD

2 cups cold, boiled potato, cubed
Few drops onion juice

French,* Cream Dressing (p. 494)
or Mayonnaise *

Salt and pepper

Mix. Serve in nests of lettuce or cabbage leaves or in bowl. Garnish, if desired, with radish roses. If served in bowl, top may be divided into quarters, one garnished with finely chopped white of hard-cooked egg, opposite quarter with yolk of hard-cooked egg, passed through purée strainer, and intervening quarters with chopped pickled beet. Mark dividing lines with chopped parsley.

Potato and Celery or Cabbage Salad. Add $\frac{1}{2}$ to 1 cup finely cut celery and 1 apple, pared, cut in eighths, and sliced. If cabbage is used, 1 teaspoon celery seed may be added. Marinate all together in French Dressing.* Just before serving, add Cream Dressing (p. 494) or Mayonnaise.*

Bolivia Salad. Add 3 hard-cooked eggs, finely chopped, $1\frac{1}{2}$ tablespoons pimientos, chopped fine, and $\frac{1}{2}$ tablespoon chopped olives or 2 slices onion, chopped fine. Mix with Cream Dressing (p. 494).

GERMAN POTATO SALAD

2 cups diced raw potato
1 onion
French Dressing *

1 teaspoon grated raw onion
2 tablespoons bacon fat, hot
1 slice bacon, fried and crumbled

Lettuce

Cook potatoes in boiling salted water with onion. Drain, remove onion, add raw onion, bacon and bacon fat. Let stand until cold. Mix with French Dressing and serve in nest of lettuce.

POINSETTIA SALAD

Cut small, firm tomatoes in eighths without severing sections. Open to represent petals of flower. Twist some sections so that they lie on their sides. Put spoonful of Mayonnaise * in center. Garnish with circle of finely diced pimiento on Mayonnaise.

* French Dressing, p. 486. Mayonnaise, p. 490.

HUNTINGTON TOMATO SALAD

Cut medium-sized tomatoes in 5 vertical slices, crosswise, not severing sections. Mash cream cheese, moisten with French Dressing,* pack into a timbale mold, and chill thoroughly. Remove from mold, cut in $\frac{1}{4}$ -inch slices, crosswise, and fit slices into cuts in tomatoes. Serve on lettuce with French Dressing.*

PORCUPINE TOMATO SALAD

Stick small, whole, peeled tomatoes with 2-inch narrow strips of celery and green pepper at regular intervals, allowing 7 of each to a tomato. Serve on lettuce with Waltham Salad Dressing (p. 494).

ANNA TOMATO SALAD

Place thick slice of tomato on salad green. Mix Julienne-shaped pieces of celery and apple with Mayonnaise* and heap on tomato.

STUFFED TOMATO SALAD

Peel, remove thin slice from top. Take out seeds and some of pulp. Sprinkle inside with salt. Invert, let stand 30 minutes. Fill, garnish, and serve on salad green. As filling, use any of the following:

Chicken Salad (p. 524), (Tomato Surprise).

Crab Meat Salad (p. 525).

Russian Salad (p. 510).

Diced cucumbers mixed with Mayonnaise.

Shredded pineapple, fresh or canned, mixed with $\frac{1}{3}$ the amount of nut meats. Mix with Mayonnaise.

Finely cut celery and apple mixed with Mayonnaise.

Roquefort and cream cheese worked together and moistened with French Dressing.

Chopped broiled bacon, diced sardines, and tomato cut in small pieces.

Cream cheese, chopped stuffed olives, and tomato pulp moistened with French Dressing and seasoned with mustard.

Caviare and cold, boiled rice, moistened with French Dressing or Mayonnaise.

* French Dressing, p. 486. Mayonnaise, p. 490.

TOMATO SALAD À LA RUSSE

6 tomatoes	Salt, pepper, and vinegar
$\frac{1}{3}$ cup cucumber dice	$\frac{1}{2}$ cup cold, cooked chicken, diced
$\frac{1}{8}$ cup cooked peas	Mayonnaise *
$\frac{1}{4}$ cup pickles, finely chopped	Lettuce
2 tablespoons capers	Finely chopped parsley

Prepare tomatoes as for Stuffed Tomato Salad. Mix $\frac{1}{3}$ cup drained tomato pulp with cucumbers, peas, pickles, and capers. Season. Squeeze thoroughly in cheesecloth. Add chicken. Mix with Mayonnaise. Refill tomatoes. Serve on lettuce sprinkled with finely chopped parsley.

MIXED VEGETABLE SALADS

Marinate all cooked vegetables separately in French Dressing.

INDIVIDUAL VEGETABLE SALADS

Arrange thick slice of tomato on salad green. Put cauliflower floweret in center. Surround with row of green peas, then row of finely chopped pickled beets. The outside row may be carrot slices or pieces of green or wax beans (refugee are best). One row may be cream cheese put on with pastry bag and tube. Serve with French Dressing.

MAÇÉDOINE SALAD

Marinate separately any cold, cooked vegetables. Arrange in symmetrical pattern on salad plate or in salad bowl. Garnish. Serve with French Dressing * or Mayonnaise.*

RUSSIAN SALAD

Combine any cooked vegetables. Add Cooked Dressing (p. 493) or Cream Dressing (p. 494). Arrange in salad bowl on bed of lettuce. Mask with dressing. If desired, garnish as follows. Divide top in 4 sections with lines of chopped parsley, chopped green pepper, chopped pimiento or pepper or pimiento strips.

* French Dressing, p. 486. Mayonnaise, p. 490.

Garnish each section differently, with small pieces of smoked salmon, finely chopped, cooked egg white, finely chopped, cooked egg yolks forced through a strainer, or green peas.

ALLERTON SALAD

$\frac{1}{2}$ cup cucumber, cut in tiny cubes	3 tablespoons finely chopped
$\frac{1}{2}$ cup celery, thinly sliced	red or green pepper
$\frac{1}{4}$ cup walnut meats, broken in pieces	6 thick slices tomatoes
Lettuce	Cooked Dressing (p. 493)
	Finely cut chives

Moisten cucumber, celery, nuts, and pepper with dressing. Mound on tomato slices arranged on lettuce. Sprinkle with chives.

CHEESE AND OLIVE SALAD

Mash cream cheese. Add cream. Season with salt and pepper. Add finely chopped olives and finely cut pimiento. Press in mold. Let stand 2 hours. Slice and serve on salad green with Mayonnaise.*

SHAMROCK SALAD

Parboil four-lobed green peppers (seeds removed) 5 minutes. Chill. Stuff solidly with mashed cream cheese, to which have been added grated cheese, chopped pimientos, chopped stuffed olives, and cream or salad dressing to moisten. Other combinations may be used. Chill, slice, and serve on salad green with Mayonnaise.*

Rochester Salad. Use canned pimientos in place of peppers.

TWO PEAR SALADS FOR CHILDREN

Bunny Salad. Invert halves of pear on bed of shredded lettuce, insert blanched almonds for the ears of the rabbit, cloves or pink candies for the eyes and nose. Use bit of marshmallow for tail. French Dressing.*

Sunbonnet Salad. Invert half of pear on cup-shaped piece of lettuce having small end of pear on stem end of lettuce. Pin lettuce to pear with cloves on either side. Make face on pear with candies or cloves, or paint with vegetable color. Use strips of pimiento for bonnet strings.

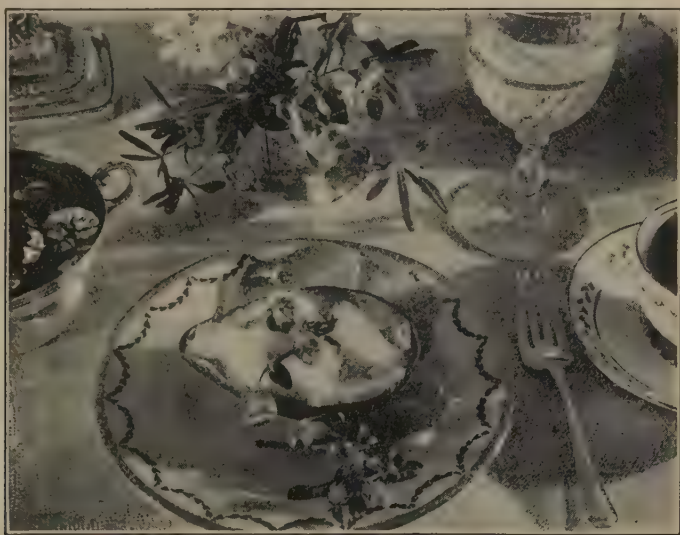
* French Dressing, p. 486. Mayonnaise, p. 490.

SIMPLE FRUIT SALADS

(GARNISHES, p. 501.)

Apple I. Cut out balls with French cutter and add seeded grapes or cream cheese balls. Garnish with pimiento. French Dressing*

Apple II or Waldorf Salad. Cubed apple mixed with an equal quantity of Mayonnaise* finely cut celery. Add chopped walnut meats, if desired. Mix with dressing.



Salad and Dessert Course in One — Avocado Stuffed with Grapefruit and Orange

Avocado or Alligator Pear.

1. Cut in half, remove seed, fill with French Dressing,* Lime Dressing⁴⁸⁹, or Chutney Dressing⁴⁸⁷ or with diced orange and grapefruit sections mixed with dressing.
2. Peel, slice, cube, or cut in wedges. French Dressing,* Lime Dressing⁴⁸⁹, or Chutney Dressing⁴⁸⁷ Marinate, drain, and serve on salad green.

* French Dressing, p. 486. Mayonnaise, p. 490.

3. Cubes mixed with cantaloupe balls. Parisian Dressing⁴⁸⁹ or Vinaigrette Dressing²⁰⁶
French Dressing *
 4. Sliced, with sliced cucumber. Sprinkle with chopped Brazil nuts and green pepper.
 5. Sliced, with finely cut celery moistened with Roquefort Mayonnaise spread between slices. French Dressing *
 6. Sliced, with orange or tangerine slices. French Dressing,*
Tango Dressing⁴⁹⁶, or
Thousand Island Dressing⁴⁹¹
 7. Sliced, with tomato slices. Or, remove center from thick slice of tomato, arrange on salad green, and fill with pear cut in small pieces. French Dressing,*
Thousand Island Dressing⁴⁹¹, or Tomato French Dressing⁴⁸⁷
made with lemon juice
French Dressing *
- Banana.** Cut in thirds, crosswise, and then in thirds, lengthwise. Roll in finely chopped peanuts. Add a slice or two of tangerine, if desired.
- Cherries.** Fresh or canned. Pit and stuff with pecans. Crèam Mayonnaise⁴⁹¹
- Grapefruit sections.** Garnish with watercress or sprinkle with Julienne-shaped pieces of celery and chopped ripe olives. French Dressing *
- Melon.** Balls or small slices of watermelon, cantaloupe, or honeydew, separately or in combination. French Dressing *
- Orange.**
1. Sections, garnished with watercress, finely chopped fresh mint, or 2 or 3 thin rings of Bermuda onion. French Dressing *
 2. Sections, alternating with grapefruit sections. French Dressing * or
Lime Dressing⁴⁸⁹
 3. Sections on lettuce with endive. French Dressing *

* French Dressing p. 486.

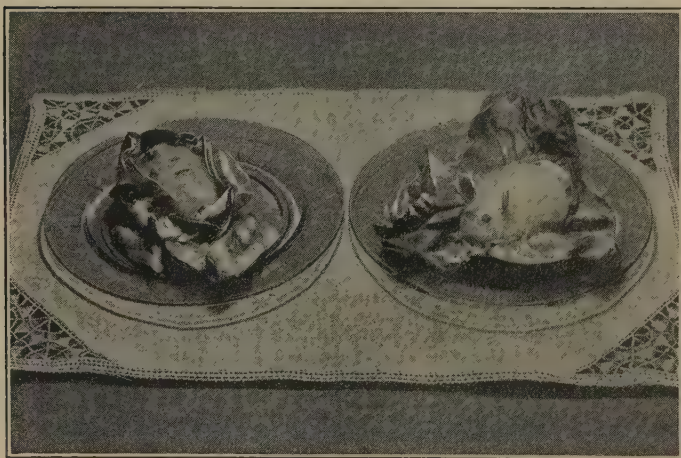
SIMPLE FRUIT SALADS (*continued*)**Peach.**

- | | |
|--|--|
| 1. Fresh or canned halves. | Lime Dressing ⁴⁸⁹ |
| 2. Halves, filled with Cream Cheese Balls (p. 502) | French Dressing * |
| 3. Halves, filled with chopped celery and nuts. | French Dressing * or Cream Dressing ⁴⁹⁴ |

Pear.

- | | |
|--|---|
| 1. Canned or very ripe. Peel and core. Serve whole or sliced and rearranged in original shape on lettuce. Insert Angelica stems, if desired. | French Dressing, *
Roquefort French Dressing ⁴⁸⁷ , Cream Dressing ⁴⁹⁴ , or Ginger French Dressing ⁴⁸⁷ |
| 2. Halves. Fill with finely cut celery and apple mixed with cream cheese thinned with cream. Sprinkle with chopped green pepper and garnish with watercress. | French Dressing * |
| 3. Edgewater. Fill halves with chopped pecans, raisins, and celery cut fine. | Cream Mayonnaise ⁴⁹¹ or Mayonnaise * |

* French Dressing p. 486. Mayonnaise p. 490.



Sunbonnet and Bunny Salads (p. 511)

Pineapple. Canned, sliced, on lettuce. Garnish with green pepper rings or decorate with cream cheese moistened with French Dressing and forced through pastry bag and tube. Place cube of currant jelly in center. French Dressing *

Prunes. Cooked or canned. Slit, remove pit, and fill solidly with cream cheese or cottage cheese. French Dressing *

Strawberries. Sprinkle with sugar, pour over dressing, and garnish with chopped pistachio nuts. Cream Mayonnaise *

MIXED FRUIT SALADS

In selecting fruit to combine in a mixed fruit salad, it is desirable to provide contrast in color, texture, and flavor. Small, whole fruits, such as cherries and grapes, add an attractive touch. The fruit may be mixed with the dressing and passed in a bowl or arranged in separate piles in a bowl or on a large plate with the dressing passed separately. French Dressing is always suitable, and many epicures insist it is the only one to use, but many other dressings are popular, especially if the salad is to be served as a dessert. The following are suggested:

French Dressing, made with lemon juice, p. 486

Cream French Dressing, p. 487

Ginger French Dressing, p. 487

Honey Dressing, p. 487

Mint Dressing, p. 487

Cumberland Dressing, p. 488

French Fruit Dressing, p. 488

Lakewood Dressing, p. 488

Lime Dressing, p. 489

Nut Pascagoula Dressing, p. 489

Pineapple Honey, p. 489

Chinese Dressing, p. 491

Cream Mayonnaise, p. 491

German Cream Dressing, p. 493

Fruit Salad Dressing I, p. 495

Fruit Salad Dressing II, p. 495

Los Angeles Dressing, p. 495

Tango Dressing, p. 496

Maple Sirup Dressing, p. 495

* French Dressing, p. 486.

BRAZILIAN SALAD

$\frac{1}{2}$ cup white grapes, skinned, seeded, and cut in halves	$\frac{1}{4}$ cup maraschino cherries, finely cut
$\frac{1}{2}$ cup crushed pineapple	2 tablespoons chopped Brazil nuts
$\frac{1}{2}$ cup apple, pared, cored, and cut in small pieces	Lemon juice
$\frac{1}{2}$ cup celery, cut in small pieces	Cream Mayonnaise (p. 491)
	Lettuce

Mix fruit and nuts. Season with lemon juice. Moisten with Cream Mayonnaise and serve on lettuce.

FRENCH FRUIT SALAD

2 oranges	$\frac{1}{4}$ cup nut meats
3 bananas	1 head lettuce or romaine
$\frac{1}{2}$ pound Malaga grapes	French Dressing * or Cream Mayonnaise (p. 491)

Pare oranges and remove sections. Peel bananas and cut in $\frac{1}{4}$ -inch slices. Remove skins and seeds from grapes. Break nut meats in pieces. Mix all with dressing and arrange on salad green.

LAKEWOOD FRUIT SALAD

1 grapefruit	$\frac{1}{3}$ cup pecan nut meats, broken in pieces
2 oranges	Romaine or Lettuce
$\frac{3}{4}$ cup white grapes, skinned and seeded	Lakewood French Dressing (p. 488)

Remove grapefruit and orange sections. Add grapes and nuts. Arrange on salad green. Pour on dressing.

HUNGARIAN FRUIT SALAD

1 cup crushed pineapple, drained	French Fruit Dressing * (p. 488) or
1 cup banana slices	Cream Mayonnaise (p. 491)
1 cup tangerine sections	Lettuce

Mix fruit and dressing. Arrange on lettuce. Sprinkle with paprika or few gratings of nutmeg.

MOQUIN FRUIT SALAD

1 cup white grapes, peeled and seeded	$\frac{1}{4}$ cup chopped pecan or pistachio nut meats
Canned pimiento	Lettuce, watercress
$1\frac{1}{4}$ cups tangerine or orange sections	French Dressing *
$\frac{1}{4}$ pound cream cheese	

* French Dressing, p. 486.

Mash cream cheese, add nuts, and season with French Dressing. Make into balls about size of grapes. Stuff grapes with pimienta. Arrange fruit on lettuce. Garnish with watercress. Serve with French Dressing.

PANAMA FRUIT SALAD

Place a slice of pineapple on lettuce. Arrange alternate sections of grapefruit and orange like a dome on pineapple. Top with cherry cut like flower and leaves cut from green pepper. Serve with French Dressing * or Cream Mayonnaise (p. 491) or other desired dressing.

PARISIAN GRAPEFRUIT SALAD

Canned artichoke bottoms, marinated	Lettuce
Grapefruit sections, cut in halves	Canned pimienta
French Dressing * made with lemon juice or red wine vinegar	

Arrange grapefruit sections, dome-shaped, on artichoke bottoms. Mark sections with pimienta cut in strips. Top with pimienta cut in fancy shapes. Serve on lettuce with dressing.

MOLDED SALADS

Rinse molds in cold water. Shake but do not dry. Fill evenly with any salad in this section, pack down, and chill. Loosen around edge with spatula, invert, and tap mold. If salad sticks, wipe outside of mold with cloth wrung out of hot water.

Individual Molds. Serve on salad green. An attractive individual plate may be arranged with a small mold of a simple jelly (Tomato, Cucumber, or Grapefruit Jelly, etc.), a few stalks of endive dressed with French Dressing,* a spray of watercress, and a lemon basket (p. 503) filled with Mayonnaise.*

Large Molds. A large mold may be garnished with fruit or cooked vegetables cut with French vegetable cutter, bits of pimienta, or truffle, etc. A ring mold may be filled with salad dressing or another salad; Tomato Jelly (p. 518) with Chicken Salad (p. 524), Grapefruit Jelly (p. 519) with mixed Fruit Salad (p. 515), Cucumber Jelly (p. 518) with mixed Vegetable Salad (p. 510), or Salmon Salad (p. 527), etc.

* French Dressing, p. 486. Mayonnaise, p. 490.

AVOCADO MOUSSE

2 cups avocado pulp	$\frac{1}{2}$ tablespoon gelatine, soaked in
1 teaspoon salt	$\frac{1}{2}$ cup cold water
Few drops onion juice	$\frac{1}{2}$ cup boiling water
2 teaspoons Worcestershire Sauce	$\frac{1}{2}$ cup heavy cream, whipped
$\frac{1}{2}$ cup Mayonnaise*	

Mash avocado with silver fork, add salt, onion juice, and Worcestershire. Mix cream with Mayonnaise and add gelatine dissolved in boiling water and slightly cooled. Add avocado pulp and mold. Serve on lettuce with tomato wedges and Mayonnaise.

TOMATO JELLY SALAD

2 cups tomato juice or liquid from canned tomatoes	$\frac{1}{4}$ cup mild vinegar
1 tablespoon powdered sugar	$1\frac{1}{2}$ tablespoons lemon juice
$\frac{1}{2}$ teaspoon salt	2 tablespoons granulated gelatine, soaked in
Bit of bay leaf	$\frac{1}{4}$ cup cold water
Lettuce, Mayonnaise,* etc.	

Heat $\frac{1}{2}$ cup tomato juice with sugar, salt, and bay leaf. Add soaked gelatine, stir until gelatine dissolves, and strain. Add remaining tomato juice, vinegar, and lemon juice. Mold and chill.

To suggest fresh tomatoes, mold in small cups. When firm, run knife around inside of molds so that surface will be rough. Unmold.

Perfection Salad. As jelly begins to thicken, fold in $1\frac{1}{2}$ teaspoons chopped onion, $\frac{1}{2}$ cup shredded cabbage, celery, and $1\frac{1}{2}$ tablespoons pimienta or green pepper, finely cut.

CUCUMBER JELLY

2 large cucumbers, peeled and sliced	$\frac{1}{2}$ cup cold water
$1\frac{1}{4}$ tablespoons granulated gelatine, soaked in	Few drops onion juice
$\frac{1}{2}$ cup cold water	1 tablespoon vinegar
	Few grains cayenne
	Salt and pepper to taste
Green vegetable coloring	

Cook cucumbers and cold water slowly until soft. Force through purée strainer. Add gelatine, onion juice, vinegar, cayenne, salt, and pepper. Color green, strain, and mold.

* French Dressing, p. 486. Mayonnaise, p. 490.

If desired, garnish with thin slices of cucumber shaped with small, round, fluted cutter. Arrange circular pieces of truffle on each. Arrange halved tomatoes around mold, each garnished with cucumber and truffle. Serve with Mayonnaise * colored with Tomato Purée (p. 191).

GRAPEFRUIT JELLY SALAD

$\frac{1}{3}$ cup sugar	1 tablespoon lemon juice
$\frac{1}{3}$ cup water	Few grains salt
1 tablespoon granulated gelatine, <i>soaked in</i>	Lettuce
2 tablespoons cold water	Mayonnaise * or
$\frac{3}{4}$ cup grapefruit juice	French Dressing * made with half lemon juice

Boil sugar and water 3 minutes. Add soaked gelatine, fruit juices, and salt. Mold. Serve on lettuce with dressing.

If desired, decorate with highly seasoned cream cheese forced through pastry bag and tube and sprinkle with chopped walnut meats.

CRANBERRY JELLY SALAD

2 cups cranberries	1 cup sugar
1 cup boiling water	$\frac{1}{2}$ cup finely cut apple or celery
$1\frac{1}{4}$ tablespoons granulated gelatine, <i>soaked in</i>	$\frac{1}{4}$ cup chopped nut meats
$\frac{1}{4}$ cup cold water	Mayonnaise *
	Lettuce

Cook cranberries and water 20 minutes. Force through strainer. Add soaked gelatine, stir until gelatine is dissolved, and add sugar. When mixture begins to thicken, fold in apple or celery and nut meats. Mold and chill. Slice and serve on lettuce with Mayonnaise.

MOLDED RUSSIAN SALAD

Aspic Jelly (p. 425) or	Cold cooked vegetables,
Quick Aspic (p. 425)	cut in fancy shapes
Lettuce	Mayonnaise *

Set individual molds in pan of ice water. Pour in aspic $\frac{1}{4}$ inch deep. When firm, decorate bottom and sides of mold with vegetables. Add aspic, and when firm, fill mold $\frac{2}{3}$ full of vegetables. Add aspic to fill. Chill thoroughly. Unmold, arrange on lettuce. Serve with Mayonnaise.

* French Dressing, p. 486. Mayonnaise, p. 490.

JELLIED VEGETABLE RING

1 tablespoon granulated gelatine, <i>soaked in</i>	1 cup celery, cut in small strips
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ cup shredded cabbage
1 cup boiling water	$\frac{1}{3}$ cup cucumber cubes
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ cup cooked green peas
$\frac{1}{4}$ cup vinegar	$\frac{1}{4}$ cup cooked beets, cut in fancy shapes
2 tablespoons lemon juice	Horse-radish Cream Dressing (p. 493)
1 teaspoon salt	Watercress or lettuce

Dissolve soaked gelatine in boiling water. Add sugar, vinegar, lemon juice, and salt. Strain, cool, and when beginning to stiffen, add vegetables. Turn into ring mold, and chill. Unmold, fill center with dressing, and garnish with salad green.

GINGER ALE FRUIT SALAD

2 tablespoons granulated gelatine, <i>soaked in</i>	1 cup ginger ale
2 tablespoons cold water	$\frac{1}{3}$ cup Malaga grapes, skinned, seeded, and cut in halves
$\frac{1}{3}$ cup boiling water	$\frac{1}{3}$ cup celery, thinly sliced
$\frac{1}{4}$ cup lemon juice	$\frac{1}{3}$ cup apple, cored and cut in Julienne-shaped pieces
2 tablespoons sugar	$\frac{1}{4}$ cup pineapple cubes
Few grains salt	2 tablespoons chopped, candied ginger

Dissolve soaked gelatine in boiling water. Add lemon juice, sugar, salt, and ginger ale. When mixture begins to set, fold in other ingredients. Turn into border mold and chill. Unmold, garnish, fill center with Mayonnaise.* Other combinations of fruit may be used with this ginger ale jelly foundation.

PINEAPPLE AND CUCUMBER SALAD

$\frac{1}{2}$ cup cucumber, pared, chopped, and drained	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ cup crushed pineapple, drained	$\frac{1}{4}$ cup vinegar
$1\frac{1}{4}$ tablespoons granulated gelatine, <i>soaked in</i>	$\frac{2}{3}$ cup pineapple juice
$\frac{1}{4}$ cup cold water <i>and dissolved in</i>	1 tablespoon tarragon vinegar
$\frac{1}{4}$ cup boiling water	1 tablespoon lemon juice
	Few grains salt
	Lettuce
	Mayonnaise*

Combine sugar, vinegars, and fruit juices. Add salt. Heat to boiling point, add dissolved gelatine. Cool, add cucumber and

* French Dressing, p. 486. Mayonnaise, p. 490.

pineapple. Mold, chill, remove from mold, and arrange on lettuce with Mayonnaise. One-fourth cup chopped celery and $\frac{1}{4}$ cup chopped nuts may be used in place of cucumber.

EAST INDIA SALAD

$\frac{1}{2}$ pound cream cheese	Milk or cream to moisten
1 tablespoon granulated gelatine, <i>soaked in</i>	$\frac{1}{2}$ cup grated cheese
1 tablespoon cold water <i>and</i> <i>dissolved in</i>	1 cup whipped cream
1 tablespoon boiling water	Salt
	Paprika
	Curry Dressing (p. 487)

Work cream cheese until smooth. Moisten with milk or cream. Add grated cheese, cream, and dissolved gelatine. Season highly. Turn into oiled border mold. Chill, unmold, arrange on lettuce, fill center with lettuce, and serve with Curry Dressing.

MACÉDOINE OF CHICKEN

3 tablespoons gelatine, <i>soaked in</i>	6 hard-cooked eggs
3 tablespoons cold water	$1\frac{1}{2}$ cups chopped, cold, cooked chicken
3 cups hot Chicken Stock (p. 151)	Mayonnaise * or Cooked Dressing (p. 493)
$\frac{1}{4}$ cup vinegar	
Salt and cayenne	
1 cucumber, chopped	

Dissolve gelatine in stock. Add vinegar and season highly with salt and cayenne. Put in center groove of melon mold 4 slices hard-cooked egg. Add stock to cover. Let stand until set, then add cucumber, rest of egg chopped, and chicken. Pour on remaining stock. Chill thoroughly, remove from mold, garnish with dressing. Crab meat, salmon, or ham may be used instead of chicken.

CRAB MEAT AND PINEAPPLE SALAD

2 teaspoons granulated gelatine, <i>soaked in</i>	1 tablespoon tarragon vinegar
$\frac{1}{2}$ cup Chicken Stock (p. 151), or grapefruit juice	$\frac{1}{2}$ cup Mayonnaise *
	$\frac{1}{2}$ cup grapefruit pulp
	$\frac{1}{2}$ cup pineapple, crushed or cubed
1 cup crab meat	

Dissolve gelatine over hot water. Add vinegar and add slowly to Mayonnaise, beating thoroughly. Mix fruit and crab meat. Add to first mixture. Pack in oiled molds. Chill, unmold, and serve on lettuce.

* French Dressing, p. 486. Mayonnaise, p. 490.

JELLIED CHICKEN, CRAB MEAT, OR LOBSTER SALAD

1 tablespoon granulated gelatine,
soaked in
 $\frac{1}{4}$ cup cold water
 $\frac{1}{2}$ cup celery, cut fine
 $\frac{3}{4}$ cup Cooked Dressing (p. 493) or
Cream Dressing (p. 494)

1 cup crab meat, lobster or
chicken
 $\frac{1}{4}$ cup chopped green
pepper, pimientos, or
stuffed olives
Salt and paprika

Dissolve soaked gelatine over hot water and add to dressing. Fold in crab meat, lobster shredded, or chicken, cut fine, and celery. Add peppers, pimientos, or olives, or some of each. Season to taste. Mold and chill.

JELLIED SWEETBREAD AND CUCUMBER SALAD

1 sweetbread, parboiled (p. 320)
with a bit of bay leaf, 1 slice
onion, and 1 blade mace
 $\frac{1}{4}$ tablespoon granulated gela-
tine, *soaked in*
 $\frac{1}{2}$ tablespoon cold water
 $\frac{3}{4}$ cup cucumber cubes

$1\frac{1}{2}$ tablespoons boiling water
 $1\frac{1}{2}$ tablespoons vinegar
 $\frac{1}{2}$ cup heavy cream, beaten stiff
Salt and paprika
Lettuce
French Dressing *

Dice sweetbread. Dissolve soaked gelatine in boiling water and add vinegar. Add to cream. Add sweetbread and cucumber. Season, mold, and chill. Serve on lettuce with French Dressing.

FISH SALAD WITH CUCUMBER SAUCE

$1\frac{1}{2}$ cups cold, flaked fish
Salt, cayenne, lemon juice
 $\frac{1}{2}$ tablespoon granulated
gelatine, *soaked in*
 $1\frac{1}{2}$ tablespoons cold water

Cream Dressing (p. 494)
 $\frac{1}{2}$ cup heavy cream, beaten
until stiff
Lettuce
Cucumber Sauce (p. 207)

Season fish with salt, cayenne, and lemon juice. Cover and let stand 1 hour. Dissolve soaked gelatine over hot water and add to dressing. When dressing begins to thicken, add cream and fold in fish. Mold, chill, unmold, and serve on lettuce with Cucumber Sauce.

* French Dressing, p. 486. Mayonnaise, p. 490.

FROZEN SALADS

To Freeze Salads. Pack in oiled mold or individual molds, tightly sealed. Pack molds in equal parts ice and salt and let stand until firm (about 4 hours), or pack in drawer of mechanical refrigerator and let stand until frozen. Do not freeze so long that fruit is frozen.

FROZEN FRUIT SALAD I

2 cups fruit, fresh or canned, cut in small pieces	$\frac{1}{3}$ cup Mayonnaise *
1 teaspoon gelatine, <i>soaked in</i>	$\frac{2}{3}$ cup heavy cream, beaten until thick
3 tablespoons fruit sirup or juice	Salt, paprika, powdered sugar
	Lettuce
French Dressing * or Mayonnaise *	

Dissolve soaked gelatine over hot water. Add slowly to Mayonnaise. Beat in cream. Fold in fruit. Season to taste. Freeze.

FROZEN FRUIT SALAD II

5 oranges	$\frac{1}{2}$ cup maraschino cherries, cut in pieces
5 bananas	1 cup Cooked Dressing (p. 493)
1 cup diced pineapple	Lettuce
1 cup whipped cream	

Add cream to dressing. Add fruit, mix gently. Freeze.

FROZEN FRUIT SALAD III

$\frac{1}{2}$ cup grapefruit pulp	$\frac{1}{2}$ cup chopped almonds
1 cup mixed, canned fruit	$\frac{1}{2}$ cup Mayonnaise *
$\frac{1}{2}$ cup diced celery	$\frac{3}{4}$ cups heavy cream, whipped
$\frac{1}{2}$ cup sliced dates	

Drain fruit thoroughly, cut in small pieces, combine with celery and almonds. Add cream to Mayonnaise, fold in first mixture. Freeze.

FROZEN PEAR SALAD

Pack can of Bartlett pears in ice and salt. Let stand 4 hours. Or remove from can and freeze in drawer of mechanical refrigerator. Slice or cut in squares and serve on lettuce. Sprinkle with paprika. Garnish with cherries and cream cheese rosettes. Serve with French Dressing * or Cream Mayonnaise (p. 491).

* French Dressing, p. 486. Mayonnaise, p. 490.

FROZEN TOMATO CREAM SALAD

2 cups canned tomato	2 tablespoons sugar
6 peppercorns	1 teaspoon salt
Bay leaf	1 slice onion
2 cloves	$\frac{1}{2}$ tablespoon lemon juice
$\frac{1}{2}$ cup cream, beaten stiff	

Cook all but cream 10 minutes. Rub through sieve. Freeze to mush, add cream. Pack in salt and ice or in drawer of mechanical refrigerator and leave $1\frac{1}{2}$ hours. Serve on lettuce with Mayonnaise.*

SALADS WITH FISH, MEAT, OR EGGS**CHICKEN SALAD**

2 cups cooked chicken (boiled fowl, preferably)	$\frac{3}{4}$ cup Chicken Salad Dressing (p. 494), Mayonnaise,* or Cream Mayonnaise (p. 491)
Lettuce	

Remove skin and fat from meat and cut in cubes or strips. Use mostly white meat. Mix with dressing and arrange on lettuce in salad bowl. Garnish with celery tips and capers, if desired.

Chicken and Celery Salad. Use half diced celery.

Chicken and Cucumber Salad. Combine 1 cup chicken, 1 cucumber, pared and cubed, 1 cup chopped nut meats, and 1 cup small cooked or canned peas.

Chicken Salad with Toasted Walnuts. Marinate $1\frac{1}{2}$ cups chicken, $\frac{1}{2}$ cup toasted walnut meats broken in pieces, and $\frac{3}{4}$ cup celery, cut in small pieces. Arrange on lettuce and mask with Ravigôte Mayonnaise (p. 491).

INDIVIDUAL CHICKEN SALADS IN ASPIC

Set individual molds in ice water. Put in thin layer of Aspic Jelly mixture (p. 425). When firm, decorate with yolks and whites of hard-cooked eggs, cooked as for Harlequin Slices (p. 136), and truffles cut in fancy shapes, or blanched and halved pistachio nuts. Cover carefully with aspic. Moisten finely chopped, cooked fowl

* French Dressing, p. 486. Mayonnaise, p. 490.

with Mayonnaise,* shape in balls, put ball in each mold, and add aspic to fill. Chill thoroughly. Arrange on lettuce and serve with Mayonnaise.

CHICKEN AND ARTICHOKE SALAD

½ cup cooked chicken, sliced and cut in tiny squares	2 tablespoons truffle, cut in small pieces
Chutney Mayonnaise (p. 491)	½ cup cold, boiled potatoes, cut like chicken
½ cup artichoke bottoms, cut like chicken	Cucumber Cups (p. 507)
Lettuce	

Mix chicken, potatoes, artichokes, and truffle with Mayonnaise. Serve in cucumber cups on lettuce.

CHICKEN SALAD WITH CHESTNUTS

1 cup cooked chicken, diced	1 red pepper (seeds removed)
1 cup boiled French chestnuts (p. 458)	or 1 pimiento, finely chopped
1 cup celery, cut in small pieces	
Mayonnaise *	

Marinate chicken and chestnuts. Add celery and pepper and mix with Mayonnaise.

CRAB MEAT SALAD

1 cup flaked crab meat	Mayonnaise *
⅔ cup celery, cut in small pieces	Lettuce

Moisten crab meat and celery with Mayonnaise. Arrange on lettuce and garnish.

Crab Meat and Tomato Salad. Add 6 small tomatoes, peeled, chilled, and quartered.

STUFFED EGG SALAD

Cut hard-cooked eggs in halves, lengthwise. Remove yolks, mash, and season with French Dressing,* Mayonnaise,* or cooked dressing. Refill whites, using spoon, or force through pastry bag and tube into whites. Serve on lettuce with dressing.

Stuffed Egg and Chicken Salad. Add to yolks, equal amount of finely chopped cooked chicken. Add salad dressing.

* French Dressing, p. 486. Mayonnaise, p. 490.

PIQUANT EGG SALAD

3 hard-cooked eggs	6 thick slices tomato
Cream Dressing (p. 494)	Lettuce
$\frac{1}{8}$ cup cucumber cubes	Watercress
2 tablespoons chopped sweet cucumber pickles	Pickle cut in diamond shape for garnishing

Cut eggs in half, crosswise. Remove yolks, cut thin slice from each end of whites to make cup that will stand upright. Mash yolks, moisten with dressing. Mix cucumber and pickles with dressing and fill cups. Garnish with yolk mixture forced through pastry bag and rose tube. Arrange tomato slices on lettuce and place egg cup on each. Garnish with watercress and pickle.

HERRING SALAD

1 cup cooked salt herring, flaked	$\frac{1}{4}$ cup heavy cream, beaten until stiff
1 cup cold, boiled potato, cubed	2 tablespoons Pimiento
$\frac{1}{4}$ cup finely chopped whites of hard-cooked eggs	Purée (p. 191)
French Dressing *	$\frac{1}{2}$ cup Mayonnaise *
Lettuce	

Mix herring, potato, and egg. Marinate and chill 1 hour. Add Pimiento Purée to cream, add Mayonnaise, and use to moisten herring mixture. Serve on lettuce.

LOBSTER SALAD

Meat from 2-pound lobster, boiled <i>or</i>	1 to 2 cups celery, cut fine
2 cups lobster meat, fresh boiled or canned	1 cup Mayonnaise *
	Lettuce

Cut lobster meat in half-inch cubes, marinate, and mix with celery. Add Mayonnaise and serve on lettuce.

To Remove Lobster Meat from Shell. Remove large claws and cut through the body shell, beginning on the inside of tail end and cutting through entire length of tail and body. Open lobster, remove tail meat, liver, and coral. Discard intestinal vein, stomach, and fat. If salad is to be served in shell, wipe thoroughly with cloth wrung out of cold water. Remove claw meat, keeping shells in shape to use as garnish.

* French Dressing, p. 486. Mayonnaise, p. 490.

To Serve in Lobster Shell. Refill tail and body with salad. Mask with Mayonnaise.* If desired, mix liver and coral, rub through sieve, add 1 tablespoon Mayonnaise and a few drops of anchovy essence, then enough more Mayonnaise to cover top of salad; mask with this instead of plain Mayonnaise. Arrange lobster on bed of lettuce and garnish with lines of paprika.

SALMON OR TUNA SALAD

Mix flaked, cooked or canned fish with French Dressing,* Mayonnaise,* or Cream Dressing (p. 494). Add diced cucumber if desired. Serve on salad green, garnished with yolk of hard-cooked egg forced through strainer and egg white cut in strips.

SALMON À LA MARTIN

2 cups flaked salmon
Ravigôte Mayonnaise (p. 491)
Lettuce

Canned pimienta and truffles,
cut in fancy shapes for
garnishing

Moisten cooked or canned salmon with Mayonnaise. Arrange on lettuce, mask with Mayonnaise, and garnish.

SARDINE SALAD

Remove skin and bones from sardines and mix with an equal quantity of the mashed yolks of hard-cooked eggs. Arrange in nests of lettuce leaves and serve with Mayonnaise.*

SHRIMP SALAD

Shrimps, boiled or canned
Cream Dressing (p. 494)

Whole shrimps, capers, and quartered
olives for garnishing
Lettuce

Drain and dry shrimps. Remove black line. Break in pieces. Moisten with dressing, arrange on lettuce. Put spoonful of dressing on each salad. Garnish.

STUFFED AVOCADO SALAD

Cut avocados in half, remove stone, fill with shrimp or crab meat, mixed with Russian dressing (p. 491).

* French Dressing, p. 486. Mayonnaise, p. 490.

SWEETBREAD SALAD

1 cup sweetbread, parboiled
(p. 320) and cubed
1 cup finely cut celery *or*
cucumber, diced

Cream Dressing (p. 494) or German
Cream Dressing (p. 493)
Lettuce

Add dressing to sweetbread and celery or cucumber. Serve on lettuce.

SALAD SANDWICH LOAF

1 small loaf sandwich bread
 $\frac{1}{2}$ cup butter

3 cups salad (chicken or vegetable, etc.)
Lettuce

Mayonnaise* or cream cheese

Remove crusts from bread and cut in 4 slices lengthwise. Cream butter and spread 2 slices on both sides, top and bottom slice on one side only. On bottom slice, buttered side up, arrange layer of lettuce and salad. Cover with slice buttered on both sides. Arrange another salad layer. Repeat and put on top slice, buttered side down. Press under light weight. Spread surface with Mayonnaise or cream cheese, mashed and moistened with cream or salad dressing. Garnish as desired. Cut in 1-inch slices for serving.

One salad may be used for all layers, or a combination, such as Vegetable Salad and Chicken Salad, may be used.

SARDINE SALAD LOAF

1 large tin sardines
4 hard-cooked eggs
 $\frac{1}{2}$ cup shredded lettuce

Stiff Mayonnaise*
1 small loaf sandwich bread
 $\frac{1}{2}$ cup butter

Pickle, truffle

Remove skins and bones from sardines, reserving one. Slice 1 egg, chop others, and add to sardines with lettuce and Mayonnaise to moisten. Arrange bread as for Salad Sandwich Loaf, put mixture between slices of bread. Spread entire outside with Mayonnaise. Garnish with sardine, sliced egg, pickle, and truffle.

* French Dressing, p. 486. Mayonnaise, p. 490.

CHAPTER 36

CUSTARDS AND PUDDINGS

SOFT OR BOILED CUSTARD

2 cups scalded milk	$\frac{1}{4}$ cup sugar
3 eggs or 6 egg yolks	$\frac{1}{8}$ teaspoon salt
$\frac{1}{2}$ teaspoon vanilla or sherry to taste	

(If to be used as sauce, use only 3 egg yolks.)

Beat eggs slightly with fork, add sugar and salt. Add milk gradually, stirring constantly. Cook and stir in double boiler until mixture coats the spoon. Strain, chill, and flavor. Serves 4.

If custard curdles from over-cooking, beat with egg beater to restore smoothness (custard will be less thick).

Floating Island. Serve topped with spoonful of beaten egg white flavored with powdered sugar and vanilla or cocoa.

Coconut Custard. Pour into baking dish. Beat 3 egg whites until stiff, fold in $\frac{1}{2}$ cup sugar and $\frac{3}{4}$ cup coconut; spread over custard. Brown lightly in slow oven (300° F.).

Tipsy Pudding. Flavor with sherry. Pour over slices of stale sponge cake. Cover with whipped cream, if desired.

Fruit Trifle (Peach, Banana, or Orange Custard). Slice fruit into bowl. Pour over custard. Alternate layers of fruit and stale cake may be used. Chill. Cover with Meringue I (p. 625) if desired.

BAKED CUSTARD

3 cups scalded milk	$\frac{1}{2}$ cup sugar
6 egg yolks or 3 eggs	$\frac{1}{4}$ teaspoon salt
Few gratings nutmeg	

Beat eggs slightly, add sugar and salt, pour on slowly scalded milk; strain into buttered mold, set in pan of hot water lined with several thicknesses of paper. Sprinkle with nutmeg and bake in moderate oven (350° F.) until firm. To test, insert knife in custard;

if knife comes out clean, custard is done. During baking, care must be taken that water surrounding mold does not reach boiling point, or custard will whey.

For large molded custard, use 5 eggs; if fewer eggs are used, custard is liable to crack when turned on a serving dish. Replace 1 tablespoon milk by 1 tablespoon evaporated milk to make custard cut perfectly.

Ginger Custard. Flavor with vanilla or 2 tablespoons rum. Garnish sides of molds with thin strips of Canton ginger before pouring in custard.

Coconut Custard. Add $\frac{1}{2}$ cup shredded coconut to mixture.

Chocolate Custard. Scald $1\frac{1}{2}$ squares chocolate with milk.

Caramel Custard. Use $\frac{3}{4}$ cup sugar. Caramelize $\frac{1}{2}$ cup, add slowly to scalded milk, and stir carefully until melted. Add eggs and remaining sugar.

Coffee Custard. Scald 2 tablespoons ground coffee with milk. Strain. Proceed as for Baked Custard.

Rice Custard. Save egg whites for meringue. Add 1 cup cooked rice and grated rind $\frac{1}{2}$ lemon. Bake. Top with Meringue II (p. 626) and bake until brown.

DANISH CARAMEL CUSTARD

$\frac{2}{3}$ cup sugar (to caramelize)	1 quart milk
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ teaspoon salt
5 eggs, slightly beaten	1 teaspoon vanilla

Caramelize $\frac{2}{3}$ cup sugar in baking dish. Then set dish at once in large pan of cold water to stop the cooking and let stand about 1 minute, turning the pan to allow the caramel to coat sides as well as bottom. Add plain sugar, milk, salt, and vanilla to eggs and strain into dish lined with caramel. Bake like Baked Custard.

BAKED FRENCH CUSTARD

1 pint thin cream	2 tablespoons sugar
3 egg whites	$\frac{1}{2}$ teaspoon vanilla
	$\frac{1}{4}$ teaspoon salt

Heat cream in double boiler. Beat egg whites until stiff and add sugar, vanilla, and salt. Add mixture to cream and beat, using egg beater. Bake like Baked Custard. Serves 4.

CRÊME BRÛLÉE

2 cups heavy cream
4 eggs, slightly beaten

Brown sugar (about $\frac{1}{2}$ cup)
 $\frac{1}{4}$ teaspoon salt

Scald cream. Mix eggs, $\frac{1}{4}$ cup sugar, and salt. Add cream slowly. Return to double boiler and cook 5 minutes, beating constantly with electric beater or rotary beater. Pour into serving bowl. Cool. Sprinkle evenly with sugar, sifted free from lumps. Brown and melt with salamander to make thin glaze over soft custard. Hold salamander close to surface and reheat as necessary. To heat salamander, place over gas flame and heat slowly.



Crème Brûlée Has a Smooth, Thin Glaze over a Rich Creamy Base

WINE CREAM

$\frac{1}{3}$ cup sugar

Grated rind and juice $\frac{1}{2}$ lemon

2 egg yolks

2 egg whites, beaten until stiff

$\frac{1}{4}$ cup sherry

Mix sugar, lemon rind and juice, and egg yolks. Add wine. Cook over hot water in thick bowl until thick and frothy, stirring constantly with wire whisk. Pour over egg whites and beat until thoroughly blended. Pour over sponge cake or lady fingers.

ZABAGLIONE

4 egg yolks 2 tablespoons Marsala wine
 2 tablespoons powdered sugar

Beat egg yolks with sugar until thick and lemon-colored. Put in heavy, round-bottomed bowl and set over boiling water. Beat constantly with electric beater or rotary hand beater, adding wine little by little, until mixture is beginning to hold its shape but still is smooth. Remove from heat and pile immediately into thick cups or dessert glasses, heated. Serve warm or very cold with simple wafers, not very rich or sweet. Serves 2 or 3.



Zabaglione Is a Famous Italian Dessert

With Pears. Peel firm, slightly underripe pears. Leave on stems. Steam until tender but still firm. Arrange on large serving platter. Pour over Zabaglione and chill until ice cold. If fresh pears are not available, use whole canned pears, thoroughly drained.

IRISH MOSS BLANCMANGE

$\frac{3}{4}$ cup Irish moss $\frac{1}{4}$ teaspoon salt
 4 cups milk $1\frac{1}{2}$ teaspoons vanilla

Soak moss 15 minutes in cold water to cover, drain, pick over, and add to milk; cook in double boiler 30 minutes (the milk will seem but little thicker than when put on, but if cooked longer, blancmange

will be too stiff). Add salt; strain, flavor, and strain into individual molds first dipped in cold water. Chill, remove from molds, serve with sugar and cream, or thin slices of banana, canned figs in sirup, or other fruit.

Chocolate Blancmange. Melt $1\frac{1}{2}$ squares chocolate, add $\frac{1}{4}$ cup sugar and $\frac{1}{3}$ cup boiling water, stir until smooth, and add to mixture just before taking from fire. Serve with sugar and cream.

BLANCMANGE OR CORNSTARCH PUDDING

$1\frac{3}{4}$ cups scalded milk	$\frac{1}{4}$ teaspoon salt
3 tablespoons cornstarch	$\frac{1}{4}$ cup cold milk
$\frac{1}{4}$ cup sugar	1 teaspoon vanilla
2 egg whites, beaten until stiff (if desired)	

Mix cornstarch, sugar, and salt, dilute with cold milk, add to scalded milk, stirring constantly until mixture thickens, afterwards occasionally; cook 15 minutes in double boiler. Cool slightly. Add flavoring and egg whites, mix thoroughly, mold, chill, and serve with Yellow Sauce (p. 617), or Chocolate Sauce (p. 606).

Chocolate Cream. Scald milk with 2 squares unsweetened chocolate. Beat until smooth. Fold in egg whites. Serve with cream, plain or whipped, or fold in $\frac{1}{2}$ cup heavy cream, whipped.

Coconut Pudding. Add $\frac{1}{2}$ cup shredded coconut to scalded milk.

Butterscotch Pudding. Omit white sugar. Melt 1 tablespoon butter, add 1 cup brown sugar, cook and stir until sugar melts. Add slowly to hot milk and stir until well blended.

Pineapple Pudding. Just before molding, add $\frac{3}{4}$ cup crushed pineapple.

MAPLE NUT PUDDING

$1\frac{1}{2}$ cups brown sugar	$\frac{1}{4}$ cup cold water
2 cups boiling water	3 egg whites, beaten until stiff
$\frac{1}{3}$ cup cornstarch	$\frac{1}{2}$ cup English walnut meats
Few grains salt	

To sugar add boiling water and cornstarch diluted with cold water. Cook over flame until mixture thickens, stirring constantly; then cook in double boiler 20 minutes, stirring occasionally. Remove from range and add egg whites, nut meats broken in small pieces, and salt. Mold and chill. Serve with Soft Custard (p. 529).

TAPIOCA CREAM

1½ tablespoons quick-cooking tapioca	2 eggs
2 cups scalded milk	⅓ cup sugar
1 teaspoon vanilla	¼ teaspoon salt

Cook tapioca in double boiler until transparent. Add half the sugar to milk and remainder to egg yolks slightly beaten, and salt. Combine by pouring hot mixture slowly on egg mixture; return to double boiler, stir, and cook until it thickens. Add egg whites beaten stiff. Chill and flavor. For a richer dessert, fold in ½ cup heavy cream, beaten stiff. Serves 4 to 6.

With Pearl Tapioca. Use ¼ cup. Soak 1 hour in cold water to cover and drain.

Tapioca Custard. Add whole eggs, slightly beaten. Add 1 tablespoon butter. Bake in buttered dish in pan of hot water in moderately slow oven (325° F.).

Chocolate Tapioca. Scald 2 squares unsweetened chocolate with milk or mix ¼ cup cocoa with the sugar. If desired, double the amount of tapioca and omit eggs.

Coconut Tapioca. Add ¼ cup shredded coconut to milk. Instead of folding in egg whites, pour pudding into buttered baking dish, fold ½ cup sugar into egg whites, beaten stiff, pile on top and bake 15 minutes in slow oven (300° F.).

COFFEE TAPIOCA

4 cups boiled or percolated coffee	½ cup quick-cooking tapioca
	½ cup sugar

Cook 15 minutes. Mold. Chill. Serve with cream, plain or whipped. Serves 6 to 8.

BUTTERSCOTCH TAPIOCA

¼ cup quick-cooking tapioca	½ cup brown sugar
⅛ teaspoon salt	¼ cup peanuts, skinned and chopped, or
2 cups scalded milk	1 cup dates, chopped
½ teaspoon vanilla	1 tablespoon butter

Add tapioca and salt to milk. Cook in double boiler until tapioca is clear, stirring frequently (15 minutes). Melt butter, add sugar, cook until brown. Add to tapioca mixture and cook until dis-

solved. Add nuts or dates. Chill. Or pour into a buttered baking dish and bake in moderate oven (350° F.) 30 minutes. Serve with cream, whipped or plain. Serves 4.

CARAMEL RENNET CUSTARD

2 cups milk	Few grains salt
$\frac{1}{3}$ cup sugar	1 teaspoon vanilla
$\frac{1}{3}$ cup boiling water	Whipped cream, sweetened and
1 household rennet tablet	flavored
	Chopped nut meats

Heat milk until lukewarm. Caramelize sugar, add boiling water, and cook until sirup is reduced to $\frac{1}{3}$ cup. Cool and add milk slowly to sirup. Reduce rennet tablet to powder, add to mixture, with salt and vanilla. Let stand in warm place until set, then chill. Cover with whipped cream and sprinkle with chopped nuts.

APPLE TAPIOCA

$\frac{1}{2}$ cup quick-cooking tapioca	$\frac{1}{8}$ teaspoon salt
Cold water	7 sour apples
$2\frac{1}{2}$ cups boiling water	$\frac{1}{2}$ cup sugar

Add tapioca to boiling water and salt; cook in double boiler until transparent. Core and pare apples, arrange in buttered pudding dish, fill cavities with sugar, pour over tapioca. Bake in moderate oven (350° F.) until apples are soft. Serve with sugar and cream or whipped cream. Serves 6.

PEACH TAPIOCA

2 cups canned peaches	$\frac{1}{2}$ cup quick-cooking tapioca
$\frac{1}{4}$ cup powdered sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup granulated sugar	Boiling water

Drain peaches, sprinkle with powdered sugar, and let stand 1 hour. To peach sirup, add enough boiling water to make 3 cups, heat to boiling point, and add tapioca, sugar, and salt. Cook in double boiler until transparent. Line a mold or pudding dish with peaches cut in quarters, fill with tapioca, and bake in moderate oven (350° F.) 30 minutes. Cool slightly, turn on dish, and serve with whipped cream. Serves 8.

RHUBARB TAPIOCA PUDDING

$\frac{1}{2}$ cup quick-cooking tapioca	3 cups rhubarb
$1\frac{1}{4}$ cups boiling water	$1\frac{1}{2}$ cups sugar
$\frac{2}{3}$ teaspoon salt	

Put tapioca in double boiler, add boiling water and salt; cook until tapioca has absorbed water. Peel rhubarb, cut in $\frac{3}{4}$ -inch pieces crosswise, and sprinkle with sugar. Add to tapioca; cook until tapioca is transparent and rhubarb soft. Serve with sugar and thin cream. Serves 6 to 8.

RICE AND RAISIN PUDDING

1 cup boiled or steamed rice	2 tablespoons butter
$\frac{1}{2}$ cup sugar	1 quart milk
1 teaspoon salt	$\frac{1}{2}$ cup seeded raisins (washed)
Few gratings nutmeg	

Combine ingredients. Put in buttered baking dish. Bake in moderately slow oven (325° F.) until milk is absorbed. Serves 6.

BAKED RICE PUDDING

4 cups milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup rice	$\frac{2}{3}$ cup sugar
Grated rind $\frac{1}{2}$ lemon or dash of nutmeg	

Wash rice, mix ingredients, pour into buttered pudding dish, and bake 3 hours in slow oven (325° F.), stirring 3 times during first hour of baking to prevent rice from settling. For a richer pudding, stir in 1 or 2 well-beaten eggs, 30 minutes before pudding is done. Serve hot or cold. Serves 6.

Chocolate Rice Pudding. Add 2 squares melted chocolate or $\frac{1}{4}$ cup cocoa.

Rice Pudding with Fruit. Add $\frac{1}{2}$ to 1 cup seeded raisins, dates, or figs cut in small pieces, or a combination of fruits.

Poor Man's Pudding. Use $\frac{1}{2}$ cup molasses in place of sugar and $\frac{1}{2}$ teaspoon cinnamon in place of lemon rind or nutmeg. At last stirring, add 1 tablespoon butter.

QUICK RICE PUDDING

1 cup cooked rice	1 or 2 eggs
2 cups milk	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ teaspoon salt	

Scald milk with rice. Beat egg yolks with sugar. Add hot mixture slowly. Cook in double boiler until thick and fold in egg whites, beaten stiff. Flavor with $\frac{1}{2}$ teaspoon vanilla or grated rind and juice of $\frac{1}{2}$ lemon. Or, bake in moderate oven and use egg whites in Meringue I (p. 625). Serves 4 to 6.

Pear or Peach Condé. Omit egg whites. Mound on serving dish. Cook canned peach or pear halves in their own sirup (sweetened to taste) until soft and arrange around rice. Sprinkle with finely chopped ginger. Serve hot.

LEMON CREAM RICE

$\frac{1}{2}$ cup rice	$\frac{3}{4}$ teaspoon salt
3 cups milk	2 egg yolks, slightly beaten
$\frac{1}{2}$ cup sugar	2 egg whites, beaten until stiff
Grated rind of $\frac{3}{4}$ lemon	2 tablespoons powdered sugar
$1\frac{1}{2}$ tablespoons lemon juice	$\frac{1}{4}$ teaspoon lemon extract

Cook rice and milk in double boiler until rice is soft. Add sugar, lemon rind, lemon juice, salt, and egg yolks. Stir gently and cook until thickened. Turn into buttered pudding dish, and cool. Add powdered sugar and lemon extract gradually to egg whites and pile over top of pudding. Bake in moderate oven (350° F.) just long enough to brown meringue.

RICE CREAM

3 tablespoons rice, <i>cooked in</i>	1 cup cold milk
2 cups milk	1 tablespoon sugar
1 tablespoon gelatine, <i>soaked in</i>	$\frac{1}{4}$ teaspoon salt
3 tablespoons cold water	1 teaspoon vanilla
1 cup heavy cream, whipped	

Drain rice, add gelatine, sugar, salt, and cold milk. Mix thoroughly. Cool, add vanilla, fold in cream, mold, or pile in dessert glasses. Serve with any sauce suitable for ice cream or, if in small glasses, pour over maple sirup and sprinkle with chopped nut meats, preferably pecans. Serves 6 to 8.

Pineapple Rice Cream. Before molding, fold in 1 cup crushed pineapple, thoroughly drained.

RICE FRUIT CREAM

2 tablespoons rice	1 cup heavy cream, whipped
2 cups milk	$\frac{1}{8}$ cup candied cherries, cut in pieces
2 tablespoons granulated gelatine, <i>soaked in</i>	$\frac{1}{8}$ cup walnut meats, broken in pieces
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ tablespoon Angelica, cut in strips
$\frac{3}{4}$ cup boiling water	
$\frac{1}{2}$ cup powdered sugar	
1 teaspoon vanilla	

Cook rice in milk over hot water until soft. Rub through sieve. Add gelatine dissolved in boiling water. Cool, add sugar, vanilla, salt, and cream. Fold in fruit. Serves 6 to 8.

BREAD PUDDING

2 cups stale bread crumbs	2 eggs, slightly beaten
1 quart scalded milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{3}$ to $\frac{1}{2}$ cup sugar	1 teaspoon vanilla or
$\frac{1}{4}$ cup melted butter	$\frac{1}{4}$ teaspoon spice

Soak bread crumbs in milk, set aside until cool; add other ingredients. Bake 1 hour in buttered pudding dish in moderately slow oven (325° F.). Serve hot with Vanilla Sauce (p. 611) or Raspberry Sauce (p. 614), or serve cold with any fruit sauce (pp. 608, 609). Do not use crusts in preparing bread crumbs for puddings. With a coarse grater there need be very little waste.

Banana Bread Pudding. Slice 1 or 2 bananas over top before baking.

Butterscotch Bread Pudding. Omit white sugar. Cook 1 cup brown sugar with butter until well browned; then add to mixture. Flavor with vanilla.

Caramel Bread Pudding. Use $\frac{2}{3}$ cup sugar. Caramelize sugar and dissolve in scalded milk before pouring milk over crumbs. Serve with whipped cream.

Chocolate Bread Pudding. Put 2 squares chocolate in milk before scalding. Beat thoroughly before pouring over crumbs. Flavor with $\frac{1}{2}$ teaspoon vanilla and 1 teaspoon cinnamon. Serve hot or cold. This is delicious served very cold with whipped cream.

Coffee Bread Pudding. Scald milk with 4 tablespoons ground coffee. Strain.

Date and Nut Bread Pudding. Add 1 cup chopped dates (or figs) and $\frac{1}{2}$ cup walnut meats to mixture.

Orange Marmalade Bread Pudding. Add 1 cup marmalade to mixture.

Raisin Bread Pudding. Add 1 cup chopped, seeded raisins to mixture.

Nut Bread Pudding. Add $\frac{1}{2}$ cup walnut meats to Chocolate, Caramel, or Butterscotch Bread Pudding.

Cake Crumb Pudding. Use cake crumbs to replace part or all bread crumbs. Sweeten to taste.

Cracker Custard Pudding. Use $\frac{2}{3}$ cup cracker crumbs in place of bread crumbs. After baking, cover with meringue made of 2 egg whites, $\frac{1}{4}$ cup powdered sugar, and 1 tablespoon lemon juice. Bake in slow oven (250° F.) until delicately brown.

Sally's Bread Pudding. Use 4 eggs, separated. Beat egg whites until stiff and fold into mixture last.

BREAD AND BUTTER PUDDING

6 slices stale bread, $\frac{1}{2}$ inch thick
Butter
3 eggs, slightly beaten

$\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ teaspoon salt
1 quart milk

Spread bread generously with butter; arrange in buttered pudding dish, buttered side down. Add sugar, salt, and milk to eggs. Strain and pour over bread; let stand 30 minutes. Bake 1 hour in slow oven (325° F.), covering the first half-hour of baking. The top of pudding should be well browned. Serve with Hard Sauce (p. 609) or Creamy Sauce (p. 607). Serves 6 to 8.

For variety, sprinkle between layers $\frac{3}{4}$ cup seeded raisins or $\frac{1}{2}$ cup shredded coconut.

BREAD AND BUTTER APPLE PUDDING

Cover bottom of a shallow baking dish with apple sauce. Cut stale bread in $\frac{1}{3}$ -inch slices, spread with softened butter, remove crusts, and cut in triangular-shaped pieces; then arrange closely together over apple. Sprinkle generously with sugar and a few drops vanilla. Bake in moderate oven (350° F.). Serve with cream.

LEMON BREAD PUDDING

8 small slices stale bread	3 tablespoons sugar
Lemon Mixture	2 eggs, slightly beaten
1 cup milk	Grated rind 1 lemon
	$\frac{1}{8}$ teaspoon salt

Spread bread with Lemon Mixture, arrange in buttered pudding mold. Add sugar, salt, and milk to eggs; strain, add lemon rind; pour over bread. Cover, set in pan of hot water. Bake 1 hour in moderate oven (350° F.).

Lemon Mixture. Cook 3 tablespoons lemon juice, grated rind 1 lemon, and $\frac{1}{4}$ cup butter 2 minutes. Add 1 cup sugar and 3 eggs slightly beaten; cook until mixture thickens; cool.

DRESDEN SANDWICHES, ROXBURY SAUCE

1 egg	2 tablespoons sugar
2 egg yolks	$\frac{3}{4}$ cup milk
$\frac{1}{4}$ teaspoon salt	5 slices stale bread ($\frac{1}{4}$ in. thick)

Remove crusts and cut slices in halves crosswise. Beat egg and egg yolks slightly, add salt, sugar, and milk, and strain into shallow dish. Soak bread in mixture until soft, then sauté in butter. Spread half the pieces with any jam or marmalade, cover with remaining pieces, and serve with Roxbury Sauce (p. 614).

BANANA CAKE CRUMB PUDDING

1 cup stale sponge cake crumbs	$\frac{1}{4}$ cup sugar
2 cups milk	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup banana pulp (rubbed through sieve)	$1\frac{1}{2}$ tablespoons lemon juice
	1 teaspoon vanilla
	3 eggs, slightly beaten

Scald milk, pour over cake crumbs, let stand $\frac{1}{2}$ hour, and rub through a sieve. Add other ingredients. Turn into buttered individual molds, set in pan of hot water, and bake until firm in moderate oven (350° F.). Remove from oven, let stand 5 minutes, turn out, and serve with Cream Sabayon Sauce (p. 615).

MOCK INDIAN PUDDING

5 thick slices of whole wheat bread	3½ cups milk
Butter	½ cup molasses

Remove crusts from bread. Spread generously with butter, arrange in baking dish, pour over 3 cups milk and molasses. Bake 2 to 3 hours in slow oven (325° F.). Stir 3 times during the first hour of baking, then add remaining milk. Serve with cream.

INDIAN PUDDING

2 cups scalded milk	1 teaspoon salt
⅓ cup corn meal	¼ cup sugar
2 cups cold milk	¼ cup butter
½ cup molasses	1 teaspoon ginger or cinnamon

Pour scalded milk slowly on corn meal, cook in double boiler 20 minutes, add molasses, salt, and ginger. Pour into buttered pudding dish, pour over cold milk, set in pan of hot water, and bake 3 hours in slow oven (250° F.). Serve with cream. If desired, add ½ cup raisins.

CLUB INDIAN PUDDING

1 quart scalded milk	1 teaspoon salt
5 tablespoons corn meal	¾ teaspoon cinnamon
2 tablespoons butter	½ teaspoon ginger
1 cup molasses	2 eggs, well beaten
1 cup cold milk	

Add meal gradually, while stirring constantly, to scalded milk and cook in double boiler 20 minutes; then add butter, molasses, seasonings, and eggs. Turn into buttered pudding dish and pour on cold milk. Bake 1 hour in moderate oven (350° F.). Delicious served with vanilla ice cream. Serves 6 to 8.

HONEYCOMB PUDDING

1 cup sugar	½ cup butter
1 cup flour	½ cup lukewarm milk
1 cup molasses	1 teaspoon soda
4 eggs, well beaten	

Mix sugar and flour, then add molasses. Melt butter in milk and add soda. Combine mixtures, beat thoroughly, and add eggs. Turn into buttered baking dish and bake in moderate oven (350° F.). Serve with Florodora Sauce (p. 617).

NEWTON TAPIOCA

$\frac{1}{4}$ cup quick-cooking tapioca	$\frac{3}{4}$ cup molasses
1 quart scalded milk	3 tablespoons butter
4 tablespoons corn meal	$1\frac{1}{2}$ teaspoons salt
1 cup cold milk	

Pour scalded milk over corn meal. Add tapioca, molasses, butter, and salt and cook in double boiler 20 minutes. Turn into buttered pudding dish and pour over remaining milk, but do not stir. Bake $1\frac{1}{4}$ hours, beginning with hot oven (450° F.) and reducing heat to moderate (350° F.) when wheyed. Serves 6 to 8.

NEW ENGLAND CRACKER PUDDING

8 common crackers	1 cup brown sugar
Butter	1 teaspoon salt
1 quart scalded milk	1 teaspoon cinnamon
3 eggs	$\frac{1}{2}$ teaspoon grated nutmeg
3 egg yolks	$1\frac{1}{2}$ cups seeded raisins
1 cup thin cream	

Split crackers. Spread with butter, using 2 teaspoons to each cracker. Barely cover raisins with boiling water and cook until plump. Arrange alternate layers of crackers and raisins in buttered baking dish. Pour on scalded milk, cover, let stand 1 hour. Beat egg and egg yolks; add sugar, salt, spices, and cream. Pour over first mixture. Bake in moderately slow oven (325° F.) $2\frac{1}{2}$ hours. Serve with a hard or liquid sauce.

SQUASH PUDDING

$2\frac{1}{2}$ cups steamed and strained squash	1 teaspoon salt
$\frac{1}{2}$ cup sugar	$\frac{3}{4}$ teaspoon cinnamon
	2 eggs, slightly beaten
$2\frac{1}{4}$ cups milk	

Mix sugar, salt, and cinnamon and add to squash; then add eggs and milk. Turn into buttered baking dish and bake in moderate oven (350° F.) until firm. Cool slightly before serving.

CHOCOLATE PUDDING, MARSHMALLOW MINT SAUCE

1 quart milk	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ squares unsweetened chocolate	2 tablespoons granulated gelatine, <i>soaked in</i>
$\frac{1}{3}$ cup sugar	3 tablespoons cold water

Scald milk with chocolate in double boiler and beat until smooth. Add sugar, salt, and soaked gelatine. As soon as gelatine dissolves, strain into mold. Chill. Serve with Marshmallow Mint Sauce (p. 612). Serves 6.

BROWN BETTY *or* SCALLOPED APPLES

2 cups bread crumbs	$\frac{1}{4}$ cup sugar, brown or white
$\frac{1}{4}$ cup butter, melted	$\frac{1}{4}$ teaspoon grated nutmeg
1 quart sliced apples	Grated rind and juice $\frac{1}{2}$ lemon
	$\frac{1}{2}$ cup hot water

Mix crumbs and butter lightly with fork. Cover bottom of buttered pudding dish with crumbs and spread over half the apples, sprinkle with half the sugar, nutmeg, lemon juice, and rind mixed together; repeat, cover with remaining crumbs and water, and bake 40 minutes in moderate oven (350° F.). Cover at first to prevent crumbs browning too rapidly. Serve with cream. Serves 6.

Peach Brown Betty. Use equal quantities sliced peaches and bread crumbs. Omit lemon and nutmeg. Sirup from canned peaches may be used in place of water (omitting sugar).

Rhubarb Brown Betty. Use equal quantities cooked rhubarb and bread crumbs. Season to taste. Omit water.

BLUEBERRY PUDDING

6 slices bread, buttered	3 cups blueberries
Cinnamon	$\frac{3}{4}$ cup sugar
	$\frac{1}{2}$ cup water

Sprinkle bread lightly with cinnamon. Cook berries, sugar, and water 10 minutes. Arrange bread and berries in alternate layers in glass bread dish. Chill in refrigerator several hours. Turn out and slice. Serve with thin cream. Serves 6.

PRUNE WHIP

$\frac{2}{3}$ cup stewed prunes (p. 57), pitted
5 egg whites

$\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ tablespoon lemon juice

Rub prunes through a strainer, add sugar, and cook 5 minutes (the mixture should be of the consistency of marmalade). Beat egg whites until stiff, add prune mixture gradually when cold, and lemon juice. Pile lightly on buttered pudding dish, bake 30 minutes in slow oven (300° F.). Serve cold with Soft Custard (p. 529).

Prune and Apricot Whip. Use half prune pulp and half apricot.

Apricot Whip. Use apricots in place of prunes.

PRUNE SOUFFLÉ

1 $\frac{1}{2}$ cups stewed prunes (p. 57), pitted

$\frac{1}{2}$ cup sugar

4 egg whites

Cut prunes in small pieces; then sprinkle with sugar. Beat egg whites until stiff and add prunes gradually. Pour into slightly buttered pudding dish and bake 25 minutes in moderate oven (350° F.). Chill and serve with whipped cream or Soft Custard (p. 529). Serves 6.

NORWEGIAN PRUNE PUDDING

$\frac{1}{2}$ pound prunes

1-inch piece stick cinnamon

2 cups cold water

1 $\frac{1}{3}$ cups boiling water

1 cup sugar

$\frac{1}{3}$ cup cornstarch

$\frac{1}{8}$ teaspoon salt

1 tablespoon lemon juice

Pick over and wash prunes, then soak 1 hour in cold water, and boil until soft in same water; or use 1 cup stewed prunes, pitted, and $\frac{1}{4}$ cup juice. Obtain meat from stones and add to prunes and juice. Add sugar, salt, cinnamon, boiling water, and simmer 10 minutes. Dilute cornstarch with enough cold water to pour easily, add to prune mixture, and stir constantly while cooking 5 minutes. Remove cinnamon, add lemon juice, mold, chill, and serve with cream. Serves 6.

Nut Prune Soufflé. Before molding, fold in 2 egg whites beaten stiff and $\frac{1}{2}$ cup walnut meats broken in pieces.

AMBROSIA

3 oranges $\frac{1}{4}$ cup shredded coconut 3 bananas

Remove sections from oranges and cut in thirds. Slice bananas. Combine fruits, chill, and serve topped with coconut. Serves 6.

RASPBERRY OR STRAWBERRY WHIP

$1\frac{1}{4}$ cups berries 1 cup powdered sugar 1 egg white

Beat together with wire whisk until stiff enough to hold shape (about 30 minutes). Pile lightly on dish, chill, surround with lady fingers, and serve with Soft Custard (p. 529).

APPLE OR PEACH MERINGUE

Pile Meringue I (p. 625) on Baked Apples (p. 53), or canned peaches. Brown in oven, cool, and serve with Soft Custard (p. 529).

APPLE SNOW

3 egg whites $\frac{3}{4}$ cup apple pulp Powdered sugar

Pare, quarter, and core 4 sour apples, steam until soft, and rub through sieve (to make $\frac{3}{4}$ cup apple pulp). Beat egg whites until stiff, add gradually apples sweetened to taste, and continue beating. Pile lightly on dish, chill, and serve with Soft Custard (p. 529). Serves 4.

SAUTÉED PEARS WITH CHOCOLATE SAUCE

Pare 4 Bartlett pears, cut in fourths lengthwise, and sauté in butter until browned. Canned pears drained from sirup may be used in place of fresh fruit. Serve with Thin Chocolate Sauce (p. 606).

BUNUELOS

Fry Swedish Timbales (p. 404), using a rosette iron. Serve with cooked fruit and whipped cream, or with strawberries sprinkled with powdered sugar.



Mont Blanc Should Look Like a Mountain. For Variety, serve the Same Mixture, Riced, over Whipped Cream on a Puff Paste Circle or in a Meringue Shell

MONT BLANC

Mash 3 cups boiled or canned French Chestnuts, sweeten to taste with powdered sugar, and moisten with hot milk; cook 2 minutes. Rub through strainer, cool, flavor with vanilla, Kirsch, or maraschino. Pile in pyramid, top or surround with whipped cream, and garnish base with whipped cream forced through pastry bag and tube. Or, arrange in ring with whipped cream in center.

ICE-BOX PUDDING

$\frac{1}{2}$ cup unsalted butter	4 egg yolks
1 cup powdered sugar	4 egg whites
Sponge cake or lady fingers	Flavoring

Cream butter thoroughly, beat in sugar, beat in egg yolks, one at a time. Flavor as desired. Beat egg whites until stiff and fold into mixture. Line mold with strips of cake or lady fingers, fill with mixture, and chill in refrigerator 24 hours.

Chocolate Ice-box Pudding I. Melt 1 square chocolate over hot water and add slowly to first mixture.

Macaroon Ice-Box Pudding. Add $\frac{1}{2}$ cup macaroon crumbs (macaroons, dried, rolled, and sifted).

Fruit Ice-Box Pudding. Add $\frac{1}{4}$ cup crushed canned pineapple, thoroughly drained, or finely cut maraschino cherries.

CHOCOLATE ICE-BOX PUDDING II

2 eggs	3 tablespoons cold water
$\frac{1}{2}$ cup confectioner's sugar	3 tablespoons boiling water
1 square chocolate	$\frac{1}{4}$ teaspoon vanilla
1 teaspoon gelatine	Lady fingers

Beat egg yolks until thick and lemon-colored, beat in sugar, add chocolate melted over water, and gelatine soaked in cold water and dissolved in boiling water. Fold in egg whites, beaten until stiff. Flavor. Line mold with lady fingers; pour in mixture. Chill in refrigerator 24 hours. Or arrange lady fingers and chocolate mixture in layers.

LEMON ICE-BOX PUDDING

1 cup scalded milk	3 egg yolks
1 tablespoon butter	Juice 1 lemon
1 teaspoon cornstarch	3 egg whites, beaten until stiff
$\frac{1}{2}$ cup sugar	Lady fingers

Mix cornstarch and sugar. Pour on milk. Add butter and stir in egg yolks. Cook over hot water until mixture coats spoon. Chill, add lemon juice and egg whites. Line mold with lady fingers, pour in mixture, and chill in refrigerator 24 hours. Or arrange lady fingers and lemon mixture in layers.

ORANGE ICE-BOX CAKE

Orange Filling (p. 673)	$\frac{1}{2}$ cup heavy cream, beaten
Lady fingers	until stiff

Cool filling, fold in cream. Line mold with wax paper, cover bottom with lady fingers. Put in half the filling, cover with lady fingers, add remaining filling, and cover with lady fingers. Chill 24 hours.

STEAMED PUDDINGS

Pudding molds may be bought for the purpose or small cylindrical tins may be used if covers are tight, or wax paper may be fastened over the top with rubber bands.

Butter mold. Turn in mixture; have molds not more than two-thirds full. Put on cover; place mold on trivet in kettle containing boiling water. Have water come halfway up around mold. Keep water at boiling point. Add boiling water as needed.

To unmold, remove from steamer and set in cold water for a few seconds, then turn out. If desired, set in oven a few minutes to dry a little.

STEAMED APPLE PUDDING I

Baking-Powder Biscuit dough (p. 90)	$\frac{1}{4}$ teaspoon salt
1 tablespoon sugar	$\frac{1}{4}$ teaspoon nutmeg
4 apples, cut in eighths	

Toss biscuit dough on floured board, pat, and roll out. Place apples on middle of dough. Sprinkle with sugar mixed with salt and nutmeg. Bring dough around apples and carefully lift into buttered mold or 5-pound lard pail; or sprinkle apples over dough, and roll up like jelly roll. Steam (see above) 1 hour and 20 minutes. Serve with Vanilla Sauce (p. 611) or Hard Sauce (p. 609).

STEAMED APPLE PUDDING II

Baking-Powder Biscuit dough (p. 90)	$\frac{1}{4}$ teaspoon nutmeg
2 tablespoons sugar	$\frac{1}{4}$ teaspoon salt
8 apples, cut in eighths	

Cook apples with sugar, salt, and nutmeg until soft. Roll out dough to fit kettle. Spread over apple. Cover tightly. Cook 15 minutes over moderate heat. Turn out and serve with cream.

STEAMED BLUEBERRY PUDDING

Mix Baking-Powder Biscuit dough (p. 90), adding 1 cup each of milk and blueberries rolled in flour. Steam $1\frac{1}{2}$ hours. Serve with Creamy Sauce (p. 607), Yankee Sauce (p. 605), or hot stewed blueberries and Hard Sauce (p. 609).

STEAMED CHOCOLATE PUDDING

3 tablespoons butter	2¼ cups flour
⅔ cup sugar	4½ teaspoons baking powder
1 egg, well beaten	2½ squares unsweetened chocolate
1 cup milk	¼ teaspoon salt

Cream butter, add sugar gradually, and egg. Mix and sift flour with baking powder and salt and add alternately with milk to first mixture; then add chocolate, melted over hot water. Turn into buttered mold. Steam 2 hours. Serve with whipped cream or Floradora Sauce (p. 617).

STEAMED CRANBERRY PUDDING

⅓ cup butter	2⅓ cups flour
⅔ cup sugar	2½ teaspoons baking powder
2 eggs, well beaten	⅓ cup milk
	1 cup cranberries

Cream butter, add sugar gradually, and eggs. Mix and sift flour and baking powder and add alternately with milk to first mixture. Stir in berries. Steam 3 hours. Serve with thin cream, sweetened and flavored with nutmeg.

STEAMED GINGER PUDDING

½ cup butter	3 teaspoons baking powder
2 tablespoons sugar	¼ teaspoon salt
2 eggs, well beaten	¼ cup preserved ginger, cut in small pieces
1 cup milk	
2½ cups flour	1 tablespoon ginger sirup

Cream butter and add sugar gradually and eggs. Mix and sift flour with baking powder and salt and add alternately with milk to first mixture. Add ginger and ginger sirup. Turn into buttered mold. Steam 1¾ hours. Serve with whipped cream flavored with ginger sirup.

Raisin Puff. Use 1 cup raisins in place of ginger and ginger sirup. Serve with whipped cream, sweetened and flavored with grated nutmeg.

STEAMED DATE PUDDING

3 tablespoons butter	$\frac{1}{2}$ teaspoon soda	
$\frac{1}{2}$ cup molasses	Salt	
$\frac{1}{2}$ cup milk	Clove	} $\frac{1}{4}$ teaspoon each
$\frac{1}{2}$ pound dates, stoned and cut in pieces	Allspice	
	Nutmeg	
$1\frac{7}{8}$ cups flour		

Melt butter, add molasses and milk, dry ingredients mixed and sifted, and dates. Steam (p. 548) $2\frac{1}{2}$ hours. Serve with Wine Sauce (p. 609), or Lemon Sauce I (p. 610).



Ohio Pudding Steamed in Small Molds

OHIO PUDDING or STEAMED CARROT PUDDING

1 cup sugar	1 teaspoon soda
1 cup flour	1 cup finely grated, raw potato
2 teaspoons baking powder	1 cup grated, raw carrot (3 small)
1 teaspoon salt	1 cup currants or seedless raisins
	1 cup seeded raisins

Mix and sift sugar, flour, baking powder, salt, and soda. Add remaining ingredients. Mix thoroughly. Steam (p. 548) 2 hours in small molds or 3 hours in large mold. Serve with Ohio Sauce (p. 610).

ORANGE CREAM SPONGE

3 tablespoons butter	4 eggs
$\frac{1}{4}$ cup flour	$\frac{1}{4}$ cup sugar
1 cup scalded milk	1 tablespoon orange juice
1 teaspoon grated orange rind	

Melt butter, add flour, and stir until well blended. Pour on milk gradually. Stir constantly and bring to boiling point. Add orange juice and rind to egg yolks; beat until thick and lemon-colored. Beat in sugar. Combine mixtures. Fold in egg whites, beaten until stiff. Turn into buttered melon mold. Steam (p. 548) 35 minutes. Serve with Orange Sauce (p. 613) or Creamy Sauce (p. 607), flavored with juice and grated rind of orange.

ENGLISH PLUM PUDDING

$\frac{1}{2}$ pound stale bread crumbs	2 ounces finely cut citron
1 cup scalded milk	$\frac{1}{2}$ pound suet
$\frac{1}{4}$ pound sugar	$\frac{1}{4}$ cup wine, currant jelly, or grape juice
4 eggs	$\frac{1}{2}$ grated nutmeg
$\frac{1}{2}$ pound seeded raisins, cut in pieces and floured	$\frac{3}{4}$ teaspoon cinnamon
$\frac{1}{4}$ pound seedless raisins	$\frac{1}{8}$ teaspoon clove
$\frac{1}{4}$ pound finely chopped figs	$\frac{1}{8}$ teaspoon mace
1 $\frac{1}{2}$ teaspoons salt	

Soak bread crumbs in milk, let stand until cool, add sugar, beaten egg yolks, raisins, figs, and citron. Chop suet and work with hands until creamy. Combine mixtures, add wine, currant jelly, or grape juice, nutmeg, cinnamon, clove, mace, and egg whites beaten stiff. Steam (p. 548) 6 hours. Serve with Hard Sauce and Liquid Sauce.

Hard Sauce. Cream $\frac{1}{3}$ cup butter; add gradually 1 cup brown sugar and 2 tablespoons brandy, drop by drop. Force through pastry bag with rose tube and garnish with green leaves and candied cherries.

Liquid Sauce. Mix $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ tablespoon cornstarch, and few grains salt. Add gradually, while stirring constantly, 1 cup boiling water and boil 5 minutes. Remove from fire, add 1 tablespoon lemon juice and 2 tablespoons brandy; then color with fruit red.

SUET PUDDING

1 cup finely chopped suet	1½ teaspoons salt
1 cup molasses	Ginger
1 cup milk	Clove
3 cups flour	Nutmeg
1 teaspoon soda	1 teaspoon cinnamon

Mix and sift dry ingredients. Add molasses and milk to suet; combine mixtures. Steam (p. 548) 3 hours. Serve with Sterling Sauce (p. 610).

Hunter's Pudding. Add 1½ cups seeded raisins, floured, to mixture.

FIG PUDDING

¼ pound suet	¼ pound brown sugar
½ pound figs	¼ pound bread crumbs
1 large sour apple (cored and pared)	¼ cup milk
	2 eggs
	3 ounces flour

Force suet, figs, and apple through food chopper. Mix thoroughly and add sugar. Pour milk over bread crumbs and add egg yolks, well beaten. Combine mixtures, add flour and egg whites beaten until stiff. Steam (p. 548) 4 hours. Serve with Rich Lemon Sauce (p. 611) or Yellow Sauce (p. 617).

STERLING FRUIT PUDDING

1 cup suet	1 cup seeded raisins, cut in pieces
2½ cups stale bread crumbs	¾ cup currants
1 cup grated, raw carrot	⅛ cup flour
4 egg yolks	1½ teaspoons salt
1½ cups brown sugar	1 teaspoon cinnamon
Grated rind 1 lemon	½ teaspoon grated nutmeg
1 tablespoon vinegar	¼ teaspoon cloves
	4 egg whites

Force suet through food chopper and work with hands until creamy. Add crumbs and carrot. Beat egg yolks until light; add sugar gradually, while beating constantly. Combine mixtures; add lemon rind and vinegar. Mix and sift flour with salt and spices; stir in raisins and currants. Add to mixture with egg whites, beaten until stiff. Turn into buttered mold garnished with citron (cut in thin slices, then in fancy shapes). Adjust cover. Steam (p. 548) 3½ hours.

FRENCH FRUIT PUDDING

1 cup finely chopped suet	$\frac{1}{2}$ teaspoon clove
1 cup molasses	$\frac{1}{2}$ teaspoon salt
1 cup sour milk	$1\frac{1}{4}$ cups seeded raisins, chopped
$1\frac{1}{2}$ teaspoons soda	$\frac{3}{4}$ cup currants
1 teaspoon cinnamon	$2\frac{3}{4}$ cups flour

Add molasses and sour milk to suet; add 2 cups flour mixed and sifted with soda, salt, and spices. Add fruit mixed with remaining flour. Steam (p. 548) 4 hours. Serve with Sterling Sauce (p. 610).

STEAMED THANKSGIVING PUDDING

$\frac{1}{3}$ cup suet	$\frac{1}{2}$ teaspoon grated nutmeg
$\frac{1}{2}$ pound figs, finely chopped	$\frac{1}{2}$ cup English walnut meats
$2\frac{1}{2}$ cups stale bread crumbs	$\frac{1}{2}$ cup seeded raisins, cut in pieces
$\frac{3}{4}$ cup milk	2 tablespoons flour
1 cup brown sugar	4 eggs, well beaten
1 teaspoon salt	2 teaspoons baking powder
$\frac{3}{4}$ teaspoon cinnamon	

Chop suet and work with hand until creamy, then add figs. Soak bread crumbs in milk, add eggs, sugar, salt, and spices. Combine mixtures, add nut meats and raisins dredged with flour. Sprinkle over baking powder and beat thoroughly. Steam (p. 548) 3 hours, and serve with Yellow Sauce (p. 617).

CHAPTER 37

SOUFFLÉS AND SWEET OMELETS

SOUFFLÉS

To Bake Soufflés. Bake in buttered baking dish or individual molds set in a pan of hot water. If desired firm, bake 30 to 40 minutes in a moderately slow oven (325° F.). If desired very soft (French method), bake 20 minutes in a moderately hot oven (375° F.). Serve as soon as baked or mixture will fall. Serve plain or with a sauce.

CHESTNUT SOUFFLÉ

$\frac{1}{4}$ cup sugar	1 cup boiled chestnuts (p. 458)
2 tablespoons flour	$\frac{1}{2}$ cup milk
3 egg whites, beaten until stiff	

Mix sugar and flour, add chestnuts forced through ricer, and milk, gradually. Stir and cook 5 minutes. Cut and fold in egg whites. Bake (see above). Serves 4.

CHOCOLATE SOUFFLÉ

2 tablespoons butter	$\frac{1}{3}$ cup sugar
2 tablespoons flour	2 tablespoons hot water
$\frac{3}{4}$ cup milk	3 eggs
1 $\frac{1}{2}$ squares unsweetened chocolate	$\frac{1}{2}$ teaspoon vanilla

Melt butter, add flour, and add milk gradually, while stirring constantly. Cook to boiling point. Melt chocolate over hot water, add sugar and water. Stir until smooth. Combine mixtures, add egg yolks well beaten; cool. Fold in egg whites beaten stiff and add vanilla. Bake. Serve with whipped cream.

CUSTARD SOUFFLÉ

3 tablespoons butter	1 cup scalded milk
$\frac{1}{4}$ cup flour	4 eggs
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ teaspoon salt

Melt butter, add flour, and gradually, hot milk. Bring to boiling point and pour on to egg yolks, beaten until thick and lemon-colored and mixed with sugar and salt; cool. Cut and fold in egg whites, beaten stiff. Bake. Serve with Creamy Sauce (p. 607) or Foamy Sauce (p. 608). Serves 6.

FRUIT SOUFFLÉ I

Drain (reserve sirup) 2 cups canned apricots or peaches. Cut fruit into quarters. Put close together on bottom of a buttered baking dish. Pour over Custard Soufflé mixture. Bake. Serve with fruit sirup and whipped cream or vanilla ice cream. Serves 6 or 8.

FRUIT SOUFFLÉ II

$\frac{3}{4}$ cup fruit pulp, peach, apricot, or quince	3 egg whites, beaten stiff
1 tablespoon lemon juice	Sugar
	Few grains salt

Rub fruit through sieve; if canned fruit is used, first drain from sirup. Heat, add lemon juice, sweeten if necessary, and add hot to egg whites. Add salt and continue beating; turn into buttered and sugared individual molds, having them $\frac{3}{4}$ full. Bake. Serve with Sabayon Sauce (p. 614). Serves 4.

LEMON SOUFFLÉ

4 egg yolks	$\frac{2}{3}$ cup sugar
Grated rind and juice 1 lemon	4 egg whites, beaten stiff

Beat yolks until thick and lemon-colored. Beat in sugar gradually, and add lemon rind and juice. Cut and fold in egg whites. Bake.

MOCHA SOUFFLÉ

3 tablespoons butter	$\frac{1}{2}$ cup sugar
3 tablespoons bread flour	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ cup boiled coffee (Mocha)	4 eggs
$\frac{1}{4}$ cup cream	$\frac{1}{2}$ teaspoon vanilla

Mix like Custard Soufflé. Bake. Serve with Mocha Sauce (p. 609). Serves 6.

OMELET SOUFFLÉ

2 egg yolks	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{4}$ cup powdered sugar	4 egg whites
Few grains salt	

Beat yolks until thick and lemon-colored. Add sugar, salt, and vanilla. Fold in whites, beaten until stiff. Mound $\frac{3}{4}$ of mixture on baking platter. Decorate with remaining mixture forced through pastry bag and tube. Sprinkle with powdered sugar. Bake 10 minutes in moderate oven (350° F.). Serves 4.

SPANISH SOUFFLÉ

$\frac{1}{4}$ cup butter	2 tablespoons sugar
$\frac{1}{2}$ cup stale bread crumbs	3 eggs
1 cup milk	$\frac{1}{2}$ teaspoon vanilla

Melt butter, add crumbs, cook until slightly browned, stirring often; add milk and sugar, cook 20 minutes in double boiler; remove from fire, add unbeaten egg yolks, then cut and fold in egg whites beaten until stiff, and flavor. Bake (p. 554). Serves 6.

SOUFFLÉ AU RHUM

2 egg yolks	1 tablespoon rum
$\frac{1}{4}$ cup powdered sugar	4 egg whites
Few grains salt	

Beat egg yolks until thick and lemon-colored. Add sugar, salt, and rum. Fold in egg whites, beaten until stiff and dry. Butter hot omelet pan, pour in half the mixture, brown, fold, and turn out on hot serving dish. Sprinkle with powdered sugar. Cook remaining mixture in same way. Soufflé Au Rhum should be slightly underdone inside. If desired, pour rum around soufflé and light as it goes to table. Serves 4.

SWEET OMELETS**JELLY OMELET**

Mix and cook French (p. 373) or Puffy Omelet (p. 374), omitting pepper and half the salt, and adding 1 tablespoon sugar. Spread before folding with jam, jelly, or marmalade. Fold, turn, and sprinkle with sugar.

ORANGE OMELET

3 eggs	1 teaspoon lemon juice
2 tablespoons powdered sugar	2 oranges
Few grains salt	½ tablespoon butter
2½ tablespoons orange juice	

Follow directions for Puffy Omelet (p. 374). Remove skin from oranges and cut in sections. Fold in ⅓ orange sections, well sprinkled with powdered sugar; put remaining sections around omelet and sprinkle with sugar. Serves 4.

OMELETTE ROBESPIERRE

3 eggs, slightly beaten	1 tablespoon powdered sugar
3 tablespoons hot water	⅛ teaspoon salt
1½ tablespoons butter	½ teaspoon vanilla

Combine ingredients. Put butter in hot omelet pan, turn in mixture, and cook like French Omelet (p. 373). Fold, turn on hot platter, sprinkle with powdered sugar, and score with hot skewer.

ALMOND OMELET, WITH CARAMEL SAUCE

3 eggs	Few grains salt
¾ tablespoon butter	½ teaspoon vanilla
1 cup Caramel Sauce (p. 605)	½ cup shredded almonds

Beat egg yolks until thick and lemon-colored, add 3 tablespoons Caramel Sauce, salt, and vanilla. Cut and fold in egg whites beaten until stiff. Put butter in hot omelet pan, sprinkle with almonds, turn in mixture, and cook like Puffy Omelet (p. 374). Pour Caramel Sauce around omelet. Serves 4.

CHAPTER 38

JELLIES, CHARLOTTEs AND WHIPS

LEMON JELLY

2 tablespoons granulated gelatine	2 cups boiling water
$\frac{1}{2}$ cup cold water	1 cup sugar (or to taste)
1 cup lemon juice	

Soak gelatine 5 minutes in cold water, dissolve in boiling water, strain, and add to sugar and lemon juice. Mold and chill. If desired less strong of lemon, use $2\frac{1}{2}$ cups water and $\frac{1}{2}$ cup lemon juice.

ORANGE OR GRAPEFRUIT JELLY

2 tablespoons granulated gelatine	1 cup sugar
$\frac{1}{2}$ cup cold water	$1\frac{1}{2}$ cups orange or grapefruit juice
$1\frac{1}{2}$ cups boiling water	3 tablespoons lemon juice

Make like Lemon Jelly.

CIDER JELLY

2 tablespoons granulated gelatine	1 cup boiling water
$\frac{1}{2}$ cup cold water	2 cups cider
Sugar to taste	

Make like Lemon Jelly.

COFFEE JELLY

2 tablespoons granulated gelatine	1 cup boiling water
$\frac{1}{2}$ cup cold water	$\frac{1}{3}$ cup sugar
2 cups boiled coffee	

Make like Lemon Jelly.

PINEAPPLE JELLY

2 cups boiling water	3 tablespoons lemon juice
$\frac{1}{2}$ cup sugar	2 tablespoons granulated gelatine
1 cup pineapple juice, hot	2 tablespoons cold water
$1\frac{1}{2}$ cups pineapple, crushed or cubed	

Pour water over sugar. When dissolved, add gelatine soaked in cold water 5 minutes. Add pineapple juice and lemon juice. Strain. When mixture begins to thicken, add pineapple. (If fresh pineapple is used, heat to boiling point or jelly will not stiffen.) Mold. Chill.

WINE JELLY

2 tablespoons granulated gelatine, <i>soaked in</i>	1 cup sherry or Madeira wine or
$\frac{1}{2}$ cup cold water	$\frac{1}{2}$ cup sherry, 2 tablespoons brandy,
$1\frac{1}{2}$ cups boiling water	6 tablespoons Kirsch
1 cup sugar	$\frac{1}{3}$ cup orange juice
	3 tablespoons lemon juice

Dissolve gelatine in boiling water. Add sugar, liquors, and fruit juices. Color with fruit red. Strain, mold, and chill.

SAUTERNE JELLY

2 tablespoons gelatine, <i>soaked in</i>	$1\frac{1}{2}$ cups Sauterne
$\frac{1}{2}$ cup cold water	3 tablespoons lemon juice
$1\frac{1}{2}$ cups boiling water	1 cup sugar

Make like Lemon Jelly. If to be used with meat, reduce sugar to 3 tablespoons. When firm, beat with fork and arrange around platter.

KUMQUAT JELLY

$1\frac{1}{2}$ cups kumquat juice	1 tablespoon granulated gelatine,
$\frac{1}{2}$ cup sugar	<i>soaked in</i>
$\frac{1}{4}$ cup Sauterne	2 tablespoons cold water
$1\frac{1}{2}$ tablespoons Orange Curaçao	Few grains salt

Wipe $\frac{3}{4}$ box kumquats, cut in slices, add cold water to cover, bring slowly to boiling point, and cook slowly $\frac{1}{2}$ hour; then strain; there should be $1\frac{1}{2}$ cups juice. Add sugar, wine, and curaçao. Heat to boiling point, add gelatine and salt. Strain, turn into molds and chill. Remove to serving dish, and garnish with halves of kumquats, cooked in sirup until soft, drained, and rolled in sugar.

APRICOT AND WINE JELLY

2 tablespoons granulated gelatine, <i>soaked in</i>	1 cup apricot juice
$\frac{1}{2}$ cup cold water	1 cup wine
1 cup boiling water	1 cup sugar
	1 tablespoon lemon juice

Garnish individual molds with halves of canned apricots, fill with mixture made as for other jellies, and chill. Arrange on serving dish and garnish with whipped cream forced through a pastry bag and tube.

FRUIT MOLDED IN JELLY

5 tablespoons granulated gelatine	$\frac{2}{3}$ cup orange juice
1 cup cold water	$\frac{1}{3}$ cup lemon juice
2 cups boiling water	Few grains salt
$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ can peaches
$1\frac{1}{2}$ cups peach sirup	1 quart box strawberries
1 cup sherry	1 banana
	$\frac{2}{3}$ cup seeded raisins

Soak gelatine in cold water, dissolve in boiling water, and add sugar, fruit juices, sherry, and salt. Brush over inside of a large fancy mold with olive oil, then wipe out with a piece of tissue paper. Put mold in pan of ice water and pour in just enough of mixture to cover top ornamentations. When firm, put in each ornament a strawberry, blossom end down; add mixture to cover strawberries and let stand until set. Cut banana in slices, crosswise, shape with small round cutter, and arrange a row around strawberry which is in center of mold. Add more jelly mixture to keep banana in place and let set. To remaining jelly mixture add peaches cut in pieces and raisins (cooked until plump in small quantity of boiling water, drained, and cooled). Fill mold with mixture. Chill. Unmold and garnish with strawberries with hulls left on.

FRUIT CHARTREUSE

Make fruit or wine jelly mixture. Place a mold in pan of ice water, pour in mixture $\frac{1}{2}$ inch deep. When firm, decorate with candied cherries and angelica. Add by spoonfuls more mixture to cover fruit. When firm, place a smaller mold in center on jelly, and fill with ice water. Pour gradually remaining jelly mixture

between molds; when firm, invert, to empty smaller mold of ice water. Refill small mold with tepid water; let stand a few seconds and remove small mold. Fill space thus made with fresh sweetened fruit, using shredded pineapple, sliced bananas, and strawberries. Invert carefully on serving dish.

SNOW PUDDING I

1 tablespoon granulated gelatine	1 cup sugar
$\frac{1}{4}$ cup cold water	$\frac{1}{4}$ cup lemon juice
1 cup boiling water	3 egg whites

Soak gelatine in cold water, dissolve in boiling water, add sugar and lemon juice, strain, and set aside in cool place; occasionally stir mixture, and when thick enough to hold mark of spoon, beat with wire spoon or whisk until frothy; add egg whites beaten stiff and continue beating until stiff enough to hold its shape. Mold, or pile by spoonfuls on dish; serve cold with Soft Custard (p. 529). Serves 6.

Amber Pudding. Use cider instead of boiling water, and $\frac{1}{4}$ cup boiling water to dissolve gelatine. Omit lemon juice. Sweeten to taste.

SNOW PUDDING II

4 egg whites, beaten until stiff	3 tablespoons boiling water
$\frac{1}{2}$ tablespoon granulated gelatine	$\frac{1}{4}$ cup powdered sugar
$\frac{1}{2}$ teaspoon lemon extract	

Soften gelatine in water, add to egg whites, beat until thoroughly mixed. Add sugar and flavoring. Pile lightly on dish. Chill. Serve with Soft Custard (p. 529).

CHERRY MOSS

1 tablespoon granulated gelatine	$1\frac{1}{2}$ cups dark red canned cherries
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ cup cherry juice
$\frac{1}{4}$ cup boiling water	2 egg whites
Few grains salt	

Soak gelatine in cold water, dissolve in boiling water, and add cherries (stoned and cut in halves) and cherry juice. When mixture begins to thicken, beat, and add salt and egg whites beaten until stiff. Turn into slightly oiled mold and chill. Remove

from mold to serving dish and garnish with whipped cream. Sprinkle with Jordan almonds, blanched, shredded, and roasted, or chopped pistachio nut meats.

MOCK TOASTED MARSHMALLOWS

1 tablespoon granulated gelatine <i>in</i>	3 egg whites
1 cup boiling water	1½ teaspoons vanilla
1 cup sugar	Stale macaroons

Add sugar to gelatine and water; when dissolved, set bowl containing mixture in pan of ice water; add egg whites and vanilla and beat until thickened. Turn into shallow pan, first dipped in cold water, and let stand until thoroughly chilled. Remove from pan and cut in pieces the size and shape of marshmallows; roll in macaroons (dried and rolled).

GRAPE JUICE SPONGE

2 tablespoons granulated gelatine	1 pint grape juice
4 egg whites, beaten stiff	

Add gelatine to grape juice. Heat in double boiler until gelatine dissolves. Strain into bowl, sweeten to taste, and set bowl in ice water. When beginning to thicken, beat until light and fold in egg whites.

Grape Charlotte. Half fill individual molds (first dipped in cold water) with $\frac{2}{3}$ of the sponge. To remainder add $\frac{3}{4}$ cup heavy cream, beaten until stiff. Fill molds with cream mixture and chill. Remove from molds to serving dish and garnish with whipped cream.

COFFEE SPONGE

2 tablespoons granulated gelatine <i>in</i>	$\frac{2}{3}$ cup sugar
$\frac{1}{4}$ cup cold water	3 egg whites, beaten until stiff
2 cups strong hot coffee	Few grains salt

Add soaked gelatine to hot coffee; add sugar and salt. Strain into bowl, set in pan of ice water. When beginning to thicken, beat until light and fold in egg whites. Mold, chill, and serve with sugar and thin cream

KESWICK PUDDING

1 cup sugar	1¼ tablespoons granulated gelatine <i>in</i>
1 cup boiling water	¼ cup cold water
3 egg yolks, slightly beaten	3 egg whites, beaten until stiff
Few grains salt	¼ cup lemon juice

Dissolve $\frac{3}{4}$ cup sugar in hot water and bring to boiling point. Add $\frac{1}{4}$ cup sugar and salt to egg yolks. Pour on gradually the boiling sirup and cook, stirring constantly, until mixture thickens. Add gelatine and lemon juice. Strain, set in ice water, and stir until mixture begins to thicken. Fold in egg whites. Turn into mold, first dipped in cold water. Chill and garnish with whipped cream.

SPANISH CREAM

1 tablespoon granulated gelatine	$\frac{1}{2}$ cup sugar (scant)
3 cups milk	$\frac{1}{4}$ teaspoon salt
3 egg whites, beaten stiff	1 teaspoon vanilla or
3 egg yolks	3 tablespoons wine

Scald milk with gelatine, add sugar, pour slowly on egg yolks, slightly beaten. Return to double boiler and cook until mixture coats spoon, stirring constantly. Remove from heat, add salt, flavoring, and egg whites. Turn into individual molds, first dipped in cold water, chill, and serve with cream or orange marmalade or Bar-le-duc. Use $1\frac{1}{2}$ tablespoons gelatine for a large mold.

COFFEE SPANISH CREAM (COFFEE SOUFFLÉ)

$1\frac{1}{2}$ cups coffee infusion	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup milk	3 eggs
$\frac{2}{3}$ cup sugar	$\frac{1}{2}$ teaspoon vanilla
1 tablespoon granulated gelatine	

Mix coffee, milk, half the sugar and gelatine, and heat in double boiler. Add to remaining, sugar, salt, and egg yolks slightly beaten. Return to double boiler and cook until mixture coats spoon, stirring constantly. Remove from heat, add egg whites beaten until stiff, and vanilla. Mold, chill, and serve with cream, plain or whipped.

MACAROON CREAM

1 tablespoon granulated gelatine	$\frac{1}{8}$ teaspoon salt
$\frac{1}{4}$ cup cold water	$\frac{2}{3}$ cup macaroons, dried
2 cups scalded milk	and rolled
3 egg yolks, slightly beaten	1 teaspoon vanilla
$\frac{1}{2}$ cup sugar	3 egg whites

Soak gelatine in cold water. Add milk slowly to egg yolks, sugar, and salt. Cook and stir over hot water until mixture coats spoon. Add gelatine and strain into bowl set in ice water. Add macaroons and flavoring, stirring until it begins to thicken; then add egg whites beaten stiff. Mold, chill, and serve garnished with macaroons.

Chocolate Macaroon Cream. Scald milk with 1 square unsweetened chocolate.

COLD CABINET PUDDING

1 tablespoon granulated gelatine	$\frac{1}{3}$ cup sugar
$\frac{1}{4}$ cup cold water	$\frac{1}{8}$ teaspoon salt
2 cups scalded milk	1 teaspoon vanilla
3 egg yolks	1 tablespoon brandy
6 macaroons	3 egg whites, if desired

5 lady fingers

Soak gelatine in cold water, add to custard made of milk, egg yolks, sugar, salt. Strain, cool slightly, and flavor. Add egg whites beaten stiff but not dry. Place a mold in pan of ice water, pour in layer of mixture; when firm, add layer of lady fingers soaked in custard, then layer of macaroons soaked in custard; repeat, care being taken that each layer is firm before another is added. Garnish with candied cherries and angelica. Serve with whipped cream.

PEACH CABINET PUDDING

1 can peaches	$\frac{1}{4}$ cup sugar
$\frac{1}{3}$ cup powdered sugar	$\frac{1}{8}$ teaspoon salt
2 tablespoons sherry	$1\frac{1}{2}$ tablespoons granulated gelatine,
1 tablespoon brandy	soaked in
2 cups milk	2 tablespoons cold water
3 egg yolks	3 egg whites beaten stiff

Drain peaches, cut in quarters, sprinkle with powdered sugar, and pour over sherry and brandy. Make a custard of milk, egg yolks, sugar, and salt, and just before removing from fire add

gelatine soaked in water. Strain, add liquor drained from peaches. Stir until mixture begins to thicken, then add egg whites. Line a mold with peaches, pour in custard, and chill.

BAVARIAN CREAM

1 $\frac{1}{4}$ cups milk	$\frac{1}{4}$ cup cold water
2 egg yolks	$\frac{1}{2}$ pint cream
2 tablespoons sugar	3 tablespoons powdered sugar
Few grains salt	$\frac{3}{4}$ teaspoon vanilla
1 $\frac{1}{4}$ tablespoons granulated gelatine	2 egg whites
Sponge cake	

Scald milk and add gradually to egg yolks, slightly beaten and mixed with sugar and salt. Cook over hot water, stirring constantly, until mixture thickens, then add gelatine, soaked in cold water. Strain and add egg whites, beaten until stiff. Set bowl in pan of ice water and stir, scraping from bottom and sides of pan, until mixture begins to thicken. Add cream, beaten until stiff and mixed with powdered sugar and vanilla. Line round paper cases with strips of sponge cake, using muffin rings to keep cases in shape. Fill with cream and chill. Remove from cases and garnish tops with 4 narrow strips of cake, radiating from center, and garnish center with a cube of jelly.

PINEAPPLE BAVARIAN CREAM

3 egg yolks	$\frac{1}{2}$ cup pineapple sirup
Grated rind 1 lemon	1 tablespoon granulated gelatine,
Juice 1 lemon	<i>soaked in</i>
$\frac{1}{2}$ cup sugar	$\frac{1}{3}$ cup cold water
Few grains salt	$\frac{1}{2}$ cup cream
$\frac{2}{3}$ cup canned, sliced pineapple	3 egg whites

Beat egg yolks slightly and add grated rind, lemon juice, pineapple sirup, sugar, and salt. Cook over hot water, stirring constantly until mixture thickens. Remove from range and add soaked gelatine and pineapple. Chill until mixture begins to thicken, add cream, beaten until stiff, and egg whites, beaten until stiff. Turn into a mold, garnished with pieces of canned, sliced pineapple and candied cherries, and chill thoroughly. Remove from mold to chilled serving dish and garnish with half slices of canned pineapple and candied cherries. Omit garnish if a simpler dessert is desired.

QUICK BAVARIAN CREAM

$\frac{1}{2}$ lemon, grated rind and juice	2 eggs
$\frac{1}{2}$ cup orange juice <i>or</i> white wine	1 teaspoon granulated gelatine
$\frac{1}{3}$ cup sugar	1 tablespoon cold water

Mix lemon, orange juice or wine, sugar, and egg yolks; stir vigorously over fire until mixture thickens, add gelatine soaked in water, then pour over egg whites beaten stiff. Set in pan of ice water and beat until thick enough to hold its shape. Turn into a mold lined with lady fingers and chill.

CREAM WHIP

Whip cream, sweeten to taste, and flavor with vanilla, brandy, or wine. Half fill dessert glasses with preserved fruit and fill with whip.

Nut Brittle Whip. Omit sugar. Add pounded and sifted peanut brittle.

BANANA WHIP

3 bananas	$\frac{1}{4}$ cup lemon juice
$\frac{3}{4}$ cup sugar	1 cup heavy cream, whipped

Peel and scrape bananas. Force through sieve. Cook with sugar and lemon juice to boiling point. Chill. Fold into cream.

MARSHMALLOW PUDDING À LA STANLEY

$\frac{1}{4}$ cup maraschino cherries	$\frac{1}{2}$ pound marshmallows
1 tablespoon cherry sirup	1 cup whipping cream
$\frac{1}{2}$ cup nut meats (walnuts, pecans, etc.)	2 tablespoons powdered sugar
	$\frac{1}{2}$ teaspoon vanilla

Cut cherries in pieces and add sirup. Cut walnut meats and marshmallows in small pieces. Whip cream, add sugar and vanilla, and fold in remaining ingredients. Turn into mold and let stand until firm (about 2 hours). White grapes, strawberries, or pineapple cut in small pieces may be used in place of cherries.

COFFEE MALLOw

16 marshmallows	1 cup heavy cream
$\frac{1}{2}$ cup hot coffee	$\frac{1}{2}$ teaspoon vanilla

Cut marshmallows in quarters with wet scissors. Add coffee. Cook in double boiler until melted. Cool. When beginning to thicken, fold in cream, beaten stiff, and add vanilla. Mold in dessert glasses. Serves 4.

CHARLOTTE RUSSE I

1 egg white	1 cup heavy cream, whipped
$\frac{1}{4}$ cup powdered sugar	Flavoring

Beat egg white until stiff, fold in sugar, then cream. Flavor with vanilla, coffee essence or sherry. Line dessert glass with lady fingers or thin strips of sponge cake and fill with mixture. Chill.

CHARLOTTE RUSSE II

1 tablespoon granulated gelatine	$\frac{1}{3}$ cup powdered sugar
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ pint cream, beaten until stiff
$\frac{1}{2}$ cup scalded milk	$1\frac{1}{2}$ teaspoons vanilla
6 lady fingers	

Soak gelatine in cold water, dissolve in scalded milk, strain into a bowl, and add sugar and vanilla. Set bowl in pan of ice water and stir mixture constantly until it begins to thicken, then beat until fluffy and beat in $\frac{1}{3}$ of cream. Fold in remaining cream. Mold and chill. Turn on serving dish and garnish with lady fingers and whipped cream. Charlotte Russe may be made in individual molds. Garnish top with some of mixture forced through a pastry bag and tube.

Caramel Charlotte. Use granulated sugar, caramelize (p. 29), and add to scalded milk. Stir until dissolved before adding to gelatine. Add powdered sugar to taste.

Burnt Almond Charlotte. Make Caramel Charlotte, adding $\frac{1}{2}$ cup blanched, toasted, and finely chopped almonds before folding in cream.

Chocolate Charlotte. Melt $1\frac{1}{2}$ squares chocolate over hot water, add 3 tablespoons hot water and $\frac{1}{3}$ cup powdered sugar. Add to gelatine mixture while hot.

Mocha Charlotte. Flavor with coffee essence or use strong hot coffee in place of scalded milk.

BANANA CHARLOTTE

4 bananas, peeled, mashed, and rubbed through sieve	1 tablespoon sherry or 1 teaspoon vanilla
2 oranges	$\frac{2}{3}$ cup powdered sugar
1 tablespoon lemon juice	$1\frac{1}{4}$ tablespoons granulated gelatine, <i>soaked in</i>
$\frac{1}{2}$ pint heavy cream	$\frac{1}{4}$ cup cold water

Add pulp and juice of oranges to banana pulp. Add lemon juice, sherry, sugar, and gelatine dissolved over boiling water. Cool, stirring constantly, and fold in cream, beaten stiff.

ORANGE CHARLOTTE

$1\frac{1}{3}$ tablespoons granulated gelatine	3 tablespoons lemon juice
$\frac{1}{3}$ cup cold water	1 cup orange juice and pulp
$\frac{1}{3}$ cup boiling water	3 egg whites
1 cup sugar	$\frac{1}{2}$ pint cream

Soak gelatine in cold water, dissolve in boiling water, strain, and add sugar, lemon juice, orange juice, and pulp. Chill in pan of ice water; when quite thick, beat with wire spoon or whisk until frothy, then add egg whites beaten stiff and fold in whipped cream. Line a mold with sections of oranges, turn in mixture, smooth evenly, and chill.

Strawberry Charlotte. Use strawberry juice in place of orange juice. Reduce lemon juice to 1 tablespoon.

PINEAPPLE CHARLOTTE

1 cup crushed pineapple	Few grains salt
$\frac{1}{2}$ cup pineapple juice	$1\frac{1}{2}$ tablespoons granulated gelatine, <i>soaked in</i>
1 tablespoon lemon juice	$\frac{1}{4}$ cup cold water
2 tablespoons sugar	$\frac{1}{2}$ pint cream
1 glass red Bar-le-duc currants, if desired	

Drain pineapple. Add fruit juices, sugar, salt, and gelatine. Heat mixture until gelatine dissolves. Remove from heat, set in pan of ice water. When mixture begins to thicken, fold in cream beaten until stiff, and currants. Turn into a slightly oiled mold. Chill.

MAPLE CHARLOTTE

1 tablespoon gelatine

 $\frac{1}{4}$ cup cold water $\frac{3}{4}$ cup hot maple sirup

2 cups heavy cream, whipped

Soak gelatine 5 minutes in water, add to sirup, and stir until dissolved. Cool, fold in cream. Fill wet mold or paper cups lined with lady fingers. Chill thoroughly.

CHARLOTTE BASKETS

Bake Cream Sponge Cake (p. 652) in buttered individual tins. Cool, remove centers and fill with any Charlotte mixture. Decòrate with border of whipped cream put on with pastry bag and tube and insert strips of Angelica to represent handles.

Strawberry Baskets. Fill with selected strawberries. Pour over melted currant jelly or strawberry sirup.

JELLY PANACHÉ

Cut Jelly Roll (p. 652), in $\frac{1}{2}$ -inch slices. Line a Charlotte Russe mold with slices and fill with Strawberry Charlotte (p. 568) or Pineapple Charlotte (p. 568).

CHAPTER 39

COTTAGE PUDDINGS, SHORTCAKES AND TORTES

COTTAGE PUDDINGS

Cottage Puddings are made of plain cake, served warm with a sauce. Bake in plain cake pans, angel-cake pans, or muffin pans.

COTTAGE PUDDING

$\frac{1}{4}$ cup butter	1 cup milk
$\frac{2}{3}$ cup sugar	$2\frac{1}{4}$ cups flour
1 egg, well beaten	4 teaspoons baking powder
	$\frac{1}{2}$ teaspoon salt

(For a richer cake, use Two-Egg Cake, p. 656.)

Cream butter, add sugar gradually, and egg; mix and sift flour, baking powder, and salt; add alternately with milk to first mixture. Turn into buttered shallow cake pan or individual tins and bake in moderate oven (350° F.). Serve with Vanilla Sauce (p. 611), Hard Sauce (p. 609), Lemon Sauce (p. 610), Orange Sauce (p. 613), Raspberry Sauce (p. 614), or with strawberries (sweetened and slightly mashed), stewed blueberries, or peaches. Top with whipped cream, if desired.

CHOCOLATE COTTAGE PUDDING

Bake Chocolate Cake (p. 662) in an angel-cake pan, remove from pan, cool, fill center with whipped cream, sweetened and flavored, and pour around Thin Chocolate Sauce (p. 606). Or, bake in shallow cake pan and cut in squares. Serve either hot or cold.

PINEAPPLE OR PEACH UPSIDE DOWN CAKE

Cottage Pudding	3 tablespoons butter
3 tablespoons brown sugar	Canned sliced pineapple or peaches, etc.

Cream butter, add sugar, and spread bottom and sides of heavy frying pan with mixture. Cover bottom of pan with slices of pineapple. Pour in cottage pudding mixture. Bake in moderate oven (350° F.). Turn onto serving dish, pineapple side up. Garnish with whipped cream, if desired.

APPLE PAN DOWDY

Cottage Pudding	2 cups sliced apples
$\frac{1}{4}$ cup molasses or brown sugar	

Arrange layer of apples in bottom of buttered baking dish. Sprinkle with molasses or brown sugar. Pour over Cottage Pudding batter. Bake in moderate oven (350° F.). Turn onto serving dish, apple side up. Serve with Hard Sauce (p. 609), Hard Sauce with Cream (p. 609), or whipped cream, etc.

APPLE, PEACH, OR APRICOT DUMPLINGS

Roll or pat Baking-Powder Biscuit (p. 90) or Shortcake I (p. 572) mixture $\frac{1}{4}$ inch thick. Cut in 4-inch squares. Place whole fruit, pared and cored or pitted, in middle of squares. Fill fruit with sugar mixed with cinnamon or nutmeg. Sprinkle with grated cheese or dot over with butter. Draw 4 corners of dough together on top of fruit. Pinch edges together. Prick with fork and bake 30 minutes in moderate oven (350° F.). Serve with Hard Sauce (p. 609), Foamy Sauce I or II (p. 608), or Lemon Sauce II (p. 610).

PEACH COBBLER

2 cups sliced peaches	$\frac{2}{3}$ cup sugar
1 egg, well beaten	$\frac{1}{4}$ cup butter

Baking-Powder Biscuit (p. 90) or Cottage Pudding (p. 570)

Mix egg, sugar, and peaches. Spread in buttered baking dish, dot over with butter. Cover with biscuit dough. Bake in hot oven (450° F.). Serve with Hard Sauce (p. 609), Hard Sauce with Cream (p. 609), or Lemon Sauce II (p. 610). To give added flavor, put 2 peach pits with peaches.

SHORTCAKES

To Bake Shortcakes. Toss mixture on floured board and divide in two parts. Pat, roll out, and put half in round tin. Spread lightly with melted butter and place other half on top. Or cut out with large biscuit cutter and bake on buttered cooky sheet. Bake 12 minutes in hot oven (450° F.).

To Serve Shortcakes. Split with fork and spread with butter. Spread fruit between layers and on top. Cover with whipped cream, using pastry bag and tube, if desired. Cream may be put between layers as well as on top. If cake is used, do not spread with butter. For fruit, use any of the following:

Warm Apple Sauce.

Sliced Bananas, sprinkled with sugar and lemon juice.

Strawberries, slightly crushed and sweetened to taste. Warm.

Raspberries, slightly crushed and sweetened to taste.

Peaches or Apricots, sliced and sweetened, fresh or canned.

Stewed Blueberries.

SHORTCAKE I

2 cups flour	1 tablespoon sugar
4 teaspoons baking powder	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ to $\frac{1}{2}$ cup butter

Mix dry ingredients, sift twice, work in butter with pastry mixer, fork, or finger tips, and add milk gradually. Bake and serve.

SHORTCAKE II

2 cups flour	Few grains nutmeg
$\frac{1}{4}$ cup sugar	1 egg or 2 egg yolks, well beaten
4 teaspoons baking powder	$\frac{1}{3}$ cup butter
$\frac{1}{2}$ teaspoon salt	$\frac{1}{3}$ cup milk

Mix dry ingredients and sift twice, work in shortening with pastry mixer, fork, or finger tips, and add egg and milk. Bake and serve.

SHORTCAKE III

Bake One-Egg Cake (p. 655) or Two-Egg Cake (p. 656). Cool, split, and spread with fruit. Garnish with whipped cream.

DUTCH APPLE CAKE I

Spread any shortcake mixture $\frac{3}{4}$ inch thick in buttered round or oblong pan. Cover top with wedge-shaped slices of apple, pressing thin edges into dough. Sprinkle with sugar and cinnamon. Bake in moderate oven (350° F.). Serve with Hard Sauce (p. 609), Soft Custard (p. 529), or Lemon Sauce (p. 610).

DUTCH APPLE CAKE II OR APPLE KUCHEN

Follow recipe for Kuchen (p. 73). Spread $\frac{3}{4}$ inch thick in buttered dripping pan. Brush over with melted butter. Pare 5 sour apples and core, cut in eighths, and press sharp edges of apples into dough in parallel rows lengthwise of pan. Sprinkle with $\frac{1}{2}$ cup sugar mixed with $\frac{1}{2}$ teaspoon cinnamon and 2 table-spoons currants or seedless raisins. Cover, let rise, and bake 30 minutes in moderate oven (350° F.). Cut in squares and serve with whipped cream, sweetened and flavored.

Fruit Kuchen. Use stoned plums, peaches, or apricots in place of apples.

BABA CAKES WITH APRICOTS

1 $\frac{1}{2}$ cups flour	$\frac{2}{3}$ cup butter
1 yeast cake, <i>dissolved in</i>	4 eggs
$\frac{1}{2}$ cup lukewarm water	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ teaspoon salt	

Add $\frac{1}{2}$ cup flour to yeast cake; cover and let rise. Mix remaining flour with butter, 2 eggs, sugar, and salt. Beat thoroughly. Beat in remaining eggs, 1 at a time, then beat until mixture is perfectly smooth. Let sponge double its bulk, combine mixtures, beat thoroughly, and half fill buttered individual tins. Let rise. Bake in a moderate oven (350° F.). Remove from tins, cut a circular piece from top of each, and scoop out a small quantity of the inside. Fill centers thus made with Apricot Marmalade. Replace circular pieces and serve with Wine Sauce (p. 609), or Lemon Sauce (p. 610).

CHOCOLATE ROLL

5 egg yolks	5 egg whites
1 cup powdered sugar	Whipped cream
3 tablespoons cocoa	Thin Chocolate Sauce (p. 606)

Beat yolks until thick, add sugar, and beat thoroughly. Add cocoa, fold in stiffly beaten whites. Spread in buttered and floured dripping pan and bake about 10 minutes in moderate oven (350° F.). Turn out on floured cloth. Cover with damp cloth. When cool, spread with whipped cream and roll. Serve with Chocolate Sauce.

ALMOND TART

4 eggs	$\frac{1}{2}$ cup Jordan almonds, blanched or not
1 cup powdered sugar	and finely chopped
$\frac{1}{3}$ cup grated chocolate	1 teaspoon baking powder
	$\frac{3}{4}$ cup cracker dust

Beat egg yolks until thick and lemon-colored; add sugar gradually; then fold in egg whites beaten until stiff and dry. Add chocolate, almonds, baking powder, and cracker dust. Bake in buttered round pan or individual tins. Cool, split, and put whipped cream, sweetened and flavored, between and on top.

CARROT TORTE

1 cup raw grated carrot	4 eggs
1 cup sugar	$\frac{1}{2}$ cup flour
Grated rind 1 lemon	1 teaspoon baking powder
Juice $\frac{1}{2}$ lemon	1 cup heavy cream

Beat egg yolks until thick and lemon-colored, beat in sugar. Add carrots, lemon rind, and juice. Add flour and baking powder, mixed and sifted together. Fold in egg whites, beaten stiff. Bake in 2 layer-cake pans in moderate oven (350° F.). Put together with whipped cream. Spread cream on top.

STRAWBERRY MERINGUE TORTE

Bake Meringue mixture (p. 706) in shallow, round pan. Cover with crushed, sweetened strawberries and whipped cream.

DATE AND NUT TORTE

1 cup chopped dates	1 cup sugar
1 teaspoon soda	2 eggs, well beaten
1 cup boiling water	1 cup flour, sifted
1 tablespoon butter	1 cup nut meats, cut in pieces

Add soda to dates, pour over boiling water, and allow to stand 1 hour. Cream butter, add sugar, eggs, flour, dates, and nut meats. Spread in buttered pan $\frac{3}{4}$ inch thick and bake 40 minutes in moderately slow oven (325° F.). Cut in squares and serve with whipped cream.

MERINGUE TORTE

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon vanilla or almond flavoring
$\frac{1}{2}$ cup sugar	4 egg whites
4 egg yolks	$\frac{1}{8}$ teaspoon cream of tartar
1 $\frac{1}{3}$ cups cake flour, sifted 3 times	1 cup sugar
1 $\frac{1}{3}$ teaspoons baking powder	
5 tablespoons milk	

Cream butter, beat in sugar and egg yolks, one at a time. Mix and sift flour and baking powder. Add alternately with milk to first mixture. Add flavoring. Spread in 2 shallow cake pans lined with waxed paper. Beat egg whites until stiff, add cream of tartar, and beat in sugar slowly. Spread over cakes. Bake 25 minutes at 250° F., then 20 minutes longer at 350° F. Cool. Spread with whipped cream or crushed sweetened strawberries and whipped cream or heavy sour cream, etc.

MOCHA TORTE

4 egg yolks	$\frac{3}{4}$ cup cake flour
1 cup powdered sugar	1 teaspoon baking powder
1 tablespoon strong coffee	4 egg whites, beaten stiff

Beat yolks until lemon-colored, beat in sifted sugar. Add coffee (cold) and flour sifted with baking powder. Fold in egg whites. Bake in 2 layer-cake tins, in moderately slow oven (325° F.). Put together with whipped cream, sweetened and flavored with strong coffee or coffee essence.

CHAPTER 40

FROZEN DESSERTS

Equipment for Freezing and Serving.

1. Freezer. Select one of good quality which will pack and drain easily.
2. Ice shaver and tub or wooden mallet and canvas bag.
3. Scoop or large measure for measuring ice and salt.
4. Heavy cloth or newspaper to cover freezer after freezing is completed.
5. Coarse rock salt.
6. Ice or Snow.
7. Large round brick or melon molds, or individual molds, if desired.
8. Ice-cream scoop, if ice cream is to be served from freezer can.

General Directions for Freezing. Crush ice with shaver or with mallet in canvas bag, until pieces are about size of rock salt. Measure. Prepare three parts ice to one of salt for Ice Creams, Water Ices, and Sherbets. Prepare equal parts ice and salt for Mousses (frozen without stirring) and Frappés.

Have can and mixture to be frozen very cold.

To Freeze Ice Creams, Sherbets, etc. Place can in tub, put in dasher, fill can two-thirds full of mixture (to allow for expansion during freezing), cover, and adjust top and crank. Turn once or twice to be sure all is in place.

Fill tub one-third full of crushed ice. Put in remaining ice and salt in alternate layers to top of can. Pack solidly, forcing down with mallet handle. If small quantity is being frozen, pack only slightly above level of mixture in can. If snow is used and is not quickly acted upon by salt, pour in 1 cup water.

Let stand 5 minutes, then begin turning crank slowly and steadily to insure smooth, fine-grained cream. After frozen to a mush (5 to 10 minutes), turn crank more rapidly until it turns with difficulty, showing that mixture is frozen solid. Add more ice and salt if necessary, using same proportions.

If ice cream is granular, too much salt was used in freezing, the can was too full, or the crank was turned too rapidly.

To Freeze Mousses, Parfaits, etc. (Without Stirring). Fill molds to overflowing, cover with buttered paper and with tight cover. Bind on cover with strip of cloth dipped in melted fat (not oil). Lamb fat may be used. Individual molds may be covered with double thickness of wax paper held in place with elastic bands. Pack molds in ice and salt, using equal amounts, having ice and salt under, over, and around the molds. Let stand until firm, turning off the salt water as it accumulates, before it reaches the top of the molds. Leave 2 hours if in small molds, 3 to 4 hours if in larger molds.

To Pack. Draw off water, wipe off lid, remove, and lift out dasher. Pack mixture solidly down with spoon. Put cork in opening of cover or put on solid cover. Repack freezer, using 4 parts ice to 1 part salt. Cover with newspapers or heavy cloth or carpet. Let stand at least 30 minutes before serving, 2 hours if possible.

To Mold Frozen Mixtures. If frozen mixtures are to be bricked or molded, avoid freezing too hard. Pack mixture solidly in molds and cover with buttered paper, buttered side up. Have molds so well filled that mixture is forced down sides of mold when cover is pressed down. Repack in salt and ice, using 4 parts ice to 1 part salt. If these directions are carefully followed, salt water will not enter cream, even though molds be immersed in salt water.

To Line and Fill a Mold. Chill round, brick, melon, or other fancy mold. Line mold with ice cream or ice chosen for coating, using a spoon. Spread evenly until layer is about $\frac{3}{4}$ inch thick. Put other mixture in center and fill with first mixture to overflow mold.

To Freeze Bombes and Molds. If both mixtures are already frozen, pack (see above). If one is an unfrozen mixture, freeze like Mousse (without stirring).

FREEZING IN MECHANICAL REFRIGERATOR

Consult booklets issued by manufacturers for information about using each make of refrigerator. Special recipe booklets are usually available.

Be sure the temperature of the refrigerator is sufficiently low for freezing desserts. The motor may be set correctly for proper refrigeration and yet not low enough for freezing. A temperature-control feature allows temporary adjustment.

Mousses, Parfaits, and all desserts which merely require packing in salt and ice can be made in mechanical refrigerators without stirring. Pack in drawer and leave until firm.

Ice Creams. Recipes which require continuous stirring must be adapted to be successfully made in refrigerator. For some refrigerators, the proportion of sugar to liquid must be kept low — not more than 1 to 4. Corn sirup may be substituted for one third of the sugar. A small amount of gelatine — 1 level teaspoon to each cup of liquid — helps the mixture to freeze more smoothly.

Beaten egg whites help make the mixture light. Cream should be beaten until stiff before being added.

To Pack in Mechanical Refrigerator. Pack homemade or commercial ice cream in individual molds or paper cups and decorate with fruit, nuts, or whipped cream put on with pastry bag and tube (p. 677). Freezing tray or a mold may be lined with ice cream, the center filled with whipped cream, sweetened, flavored, and colored, or decorated with fruits or nuts. Set molds in the freezing compartment and leave until serving time.

To Serve Ice Cream. Serve from can with ice-cream scoop or wipe can carefully and let stand 1 minute in cool water, remove cover, run knife around edge of cream, and invert on serving dish. If frozen mixture does not slip out easily, wipe can with cloth wrung out of hot water.

For special ways of serving, see pp. 595 to 598.

ICES, SHERBETS, AND FRAPPES

Ices, sherbets, and frappés are generally made of fruit juices sweetened and combined with water, milk, or cream. Ices and sherbets are frozen until firm, using 3 parts ice to 1 part salt. Frappés (or sorbets) are frozen to a mush, using equal parts ice and salt. The following recipes may be used either way.

CAFÉ FRAPPÉ

4 cups fresh, hot coffee 1 cup sugar

Add sugar to coffee, cool, and freeze.* Serve in frappé glasses, with whipped cream.

LEMON ICE I

4 cups water 2 cups sugar $\frac{3}{4}$ cup lemon juice

Boil water and sugar 5 minutes; add lemon juice. Cool, strain, and freeze.*

LEMON ICE II

$\frac{1}{2}$ cup cut sugar 1 cup hot water
4 lemons 2 cups cold water
 $\frac{3}{4}$ cup granulated sugar

Rub entire surface of cut sugar over rind of lemons, which have been washed and wiped until dry. Pour over sugar $\frac{1}{2}$ cup lemon juice and hot water. When sugar is dissolved, add cold water and granulated sugar. Strain and freeze.*

ORANGE ICE

4 cups water 2 cups sugar
Grated rind of 2 oranges 2 cups orange juice
 $\frac{1}{4}$ cup lemon juice

Boil sugar and water 5 minutes. Add fruit juice and rind. Cool, strain, and freeze.*

Maraschino Ice. Freeze to a mush, flavor with maraschino sirup, and finish freezing.*

Pomegranate Ice. Use blood oranges.

* General Directions for Freezing, p. 576.

GRAPE FRAPPÉ

4 cups water	2 cups grape juice
2 cups sugar	$\frac{2}{3}$ cup orange juice
	$\frac{1}{4}$ cup lemon juice

Boil sugar and water 5 minutes. Add fruit juices, cool, and freeze.*

GINGER SHERBET

4 cups water	$\frac{1}{4}$ pound Canton ginger
1 cup sugar	$\frac{1}{2}$ cup orange juice
	$\frac{1}{3}$ cup lemon juice

Cut ginger in small pieces, add water and sugar, boil 5 minutes; add fruit juice, cool, strain, and freeze.*

FRUIT JUICE SHERBET

4 cups water	$1\frac{1}{2}$ cups grapefruit juice
2 cups sugar	$\frac{1}{2}$ cup lemon juice
	$1\frac{1}{2}$ cups orange juice

Boil sugar and water 5 minutes, add fruit juices, cool, and freeze.*

CITRUS SHERBET

2 cups water	1 tablespoon granulated gelatine, <i>soaked in</i>
1 cup sugar	3 tablespoons cold water
Few gratings orange rind	$1\frac{1}{2}$ cups orange juice
4 egg yolks	$1\frac{1}{2}$ cups grapefruit juice
	1 tablespoon lemon juice

Put water, sugar, and grated rind in sauce pan, bring to boiling point, add egg yolks slightly beaten, and boil 1 minute. Remove from heat and add soaked gelatine. Strain, cool, add fruit juices, and freeze.*

PINEAPPLE FRAPPÉ

2 cups water	2 cups ice water
1 cup sugar	2 cups crushed or shredded pineapple
	Juice 3 lemons

Boil water and sugar 5 minutes. Add pineapple and lemon juice; cool, strain, add ice water, and freeze * to a mush, using equal parts ice and salt. If fresh fruit is used, more sugar will be required.

* General Directions for Freezing, p. 576.

RASPBERRY OR STRAWBERRY ICE I

1 quart berries
1 cup sugar

1 cup water
Lemon juice

Sprinkle berries with sugar, cover, and let stand 2 hours. Mash, squeeze through cheesecloth, add water and lemon juice to taste, then freeze.* Raspberry ice prepared in this way retains the natural color of the fruit.

RASPBERRY OR STRAWBERRY ICE II

2 cups juice, fresh or canned
2 cups water

1 cup sugar
1 tablespoon lemon juice

Boil sugar and water 5 minutes. Add fruit juices. Add more sugar or lemon juice if needed. Freeze.* Pack in salt and ice and let stand 1 hour.

RASPBERRY AND CURRANT ICE

4 cups water
1 $\frac{1}{3}$ cups sugar

$\frac{2}{3}$ cup raspberry juice
1 $\frac{1}{3}$ cups currant juice

Boil sugar and water 5 minutes. Add fruit juices, cool, and freeze.*

FROZEN APRICOTS OR PEACHES

1 can apricots or peaches 1 $\frac{1}{2}$ cups sugar Water

Drain apricots or peaches and cut in small pieces. To the sirup add enough water to make 4 cups and cook with sugar 5 minutes; strain, add apricots, cool, and freeze.* To make a richer dessert, add 1 cup whipped cream, and continue freezing.

APRICOT CREAM SHERBET

1 can apricots 1 $\frac{1}{2}$ cup water or wine
1 cup sugar $\frac{1}{4}$ cup lemon juice
1 pint cream, whipped

Drain apricots and add to sirup the pulp rubbed through a sieve. Add sugar, milk, and lemon juice. Freeze* to mush, then fold in cream. Let stand in freezer 1 $\frac{1}{2}$ hours, and serve in glasses.

* General Directions for Freezing, p. 576.

PEACH AND ORANGE SHERBET

1 can peaches	2 cups orange juice
1 cup sugar	2 tablespoons lemon juice

Press peaches through a sieve, add sugar and fruit juices. Freeze* to a mush, using equal parts ice and salt.

MILK SHERBET

1 quart milk	Juice 3 lemons or 2 oranges
Few grains salt	and 2 lemons
	1½ cups sugar

Mix juice and sugar. Add gradually to milk. (Curdled look will disappear in freezing.) Freeze.*

LEMON CREAM SHERBET

1½ cups sugar	3 cups milk
¾ cup lemon juice	½ pint cream
Few grains salt	

Mix sugar, lemon juice, and salt, and add gradually to milk and cream. Freeze.*

ORANGE CREAM SHERBET I

1¼ cups sugar	2 cups milk
1½ cups orange juice	½ pint cream
Few grains salt	

Mix sugar, orange juice, and salt and add gradually to milk and cream. Freeze.*

ORANGE CREAM SHERBET II

2 cups boiling water	1½ cups orange juice
1½ cups sugar	1 pint heavy cream
Grated rind 2 oranges	½ cup sugar
1 cup lemon juice	2 eggs
Few grains salt	

Dissolve sugar in boiling water, add orange rind, lemon juice, and orange juice. Freeze to mush.* Beat cream until stiff and add

* General Directions for Freezing, p. 576.

sugar and salt. Beat egg yolks until thick and lemon-colored and whites until stiff, and add to cream. Turn into frozen mixture and continue the freezing.

PINEAPPLE CREAM SHERBET

2 cups water	2 cups crushed pineapple
1 cup sugar	2 cups cream

Boil sugar and water 5 minutes; strain, cool, add pineapple, and freeze* to a mush. Fold in whipped cream; let stand 30 minutes before serving. Serve in frappé glasses and garnish with candied pineapple.

PINEAPPLE MARQUISE

1 cup sugar	$\frac{1}{2}$ pint heavy cream
1 cup water	$\frac{1}{2}$ cup pineapple purée (canned
1 cup pineapple juice	pineapple forced through
Juice $\frac{1}{2}$ lemon	purée strainer)
Few grains salt	2 tablespoons powdered sugar
	$\frac{1}{2}$ teaspoon vanilla

Boil sugar and water 5 minutes, add fruit juice, salt, and cream. Freeze,* using equal parts ice and salt. Just before serving add remaining ingredients.

ICE CREAMS

Ice creams are frozen desserts made of cream, sweetened and flavored, with or without a custard base or other thickening.

Philadelphia Ice Cream has no thickening.

French Ice Cream is made with egg yolks as thickening.

Ice creams may be served plain or in ways suggested, p. 595 to p. 598.

PHILADELPHIA ICE CREAM

1 quart thin cream	$\frac{3}{4}$ cup sugar
$1\frac{1}{2}$ tablespoons vanilla	Few grains salt

Scald cream, add sugar, cool, flavor, and freeze.*

* General Directions for Freezing, p. 576.

CUSTARD ICE CREAM

2 cups scalded milk	1 egg or 2 egg yolks, slightly beaten
1 tablespoon flour or cornstarch	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ cup sugar	1 tablespoon vanilla
2 cups heavy cream	

Mix flour and sugar. Add milk slowly. Cook and stir over hot water 8 minutes. Add egg, cook 2 minutes. Cool. Add cream and flavoring. Freeze.*

FRENCH VANILLA ICE CREAM

2 cups scalded milk	$\frac{1}{8}$ teaspoon salt
4 to 6 egg yolks, slightly beaten	2 cups heavy cream
$\frac{1}{2}$ cup sugar	1 tablespoon vanilla

Mix sugar, salt, and egg yolks. Pour on milk. Cook in double boiler until mixture coats spoon. Cool, strain, add cream and vanilla, and freeze.*

RENNET ICE CREAM

3 cups <i>lukewarm</i> milk	} or {	2 cups <i>lukewarm</i> milk
1 cup heavy cream		2 cups thin cream
$\frac{3}{4}$ cup sugar		1 household rennet tablet
$\frac{1}{8}$ teaspoon salt		1 tablespoon cold water
1 tablespoon vanilla		

Mix first 4 ingredients, add rennet tablet dissolved in cold water. Let stand until set. Add flavoring and freeze.*

GELATINE ICE CREAM

3 cups thin cream	1 cup hot, scalded milk
$\frac{3}{4}$ tablespoon gelatine,	$\frac{3}{4}$ cup sugar
<i>soaked in</i>	Few grains salt
$\frac{1}{4}$ cup cold water	1 tablespoon vanilla

Dissolve gelatine in milk. Add to other ingredients and freeze.*

REFRIGERATOR ICE CREAM

3 cups milk	Few grains salt
2 teaspoons gelatine	2 egg yolks
1 cup sugar or $\frac{2}{3}$ cup sugar and	2 egg whites
6 tablespoons corn sirup	1 cup whipping cream
2 teaspoons flour	1 tablespoon vanilla

* General Directions for Freezing, p. 576.

Scald milk with gelatine. Stir until gelatine dissolves. Mix sugar, flour, and salt. Add to milk and stir until thickened. Cover and cook 10 minutes. Beat egg yolks slightly. Add a portion of the hot milk, return to double boiler, and cook 1 minute. Strain into refrigerator pan, chill, then beat until very light. Beat egg whites until stiff. Beat cream until stiff. Fold cream and egg whites into first mixture. Add vanilla. Freeze * in tray of mechanical refrigerator, beating thoroughly after 1 hour. Less milk and more cream may be used, if desired.

A VARIETY OF ICE-CREAM FLAVORINGS

Many variations may be made, using any plain ice-cream mixture as a base. A few suggestions are listed below. Prepare the flavoring, add to the ice-cream mixture, and freeze.*

Banana. (Omit vanilla.) Skin 4 ripe bananas, scrape, and force through sieve. Add $1\frac{1}{3}$ tablespoons lemon juice.

Bisque. One cup finely chopped nut meats. Toasted (not salted) almonds and hazel nuts are especially good.

Butterscotch. Cook sugar with 2 tablespoons butter until melted. Boil 1 minute. Add to hot milk or cream.

Caramel. Caramelize half sugar. Add slowly to hot mixture.

Coffee Caramel. Scald $\frac{1}{3}$ cup ground coffee with milk or cream (strain before adding other ingredients) in making Caramel Ice Cream.

Burnt Almond. Add 1 cup finely chopped blanched and toasted almonds to Caramel Ice Cream.

Chocolate Ice Cream. Melt 2 squares unsweetened chocolate, add $\frac{1}{4}$ cup hot water, stir until smooth, and add to hot mixture.

Coffee. Scald $\frac{1}{3}$ cup ground coffee with milk or cream and strain before adding other ingredients.

Frozen Tom and Jerry. Freeze French Vanilla Ice Cream to a mush. Add 2 tablespoons rum and 1 tablespoon brandy and finish freezing.

Ginger. Add $\frac{1}{2}$ cup Canton Ginger cut in small pieces and 3 tablespoons ginger sirup. Add 2 tablespoons sherry, if desired.

Grapenut. Add 1 to $1\frac{1}{2}$ cups grapenuts. Flavor to taste with almond extract and vanilla or sherry.

* General Directions for Freezing, p. 576.

Macaroon. One cup macaroon crumbs (about 8 dry macaroons pounded).

Maple. Use maple sirup or maple sugar in place of sugar called for in recipe. If desired, add 1 cup nut meats, cut in pieces or chopped.

Marron. One cup canned marrons, forced through a sieve. Reduce sugar by one half. Flavor to taste with sherry.

Mint. Flavor with oil of peppermint. Color delicately green with vegetable coloring.

Peanut Brittle. Pound $\frac{1}{2}$ pound peanut brittle, roll, and sift.

Peppermint Candy. Crush $\frac{1}{2}$ pound peppermint stick candy and add to hot milk or cream, omitting sugar.

Peach or Quince. Omit 2 cups cream and add 2 cups fruit pulp and juice. Sweeten to taste. If canned fruit is used, start with half the sugar in recipe and add as much more as is needed.

Pistachio. Add 1 teaspoon almond extract. Color green.

Pistachio Bisque. To Pistachio Ice Cream, add $\frac{1}{2}$ cup each of pounded macaroons, chopped almonds, and peanuts.

Praline. Add 1 cup almonds, blanched, toasted, and finely chopped. Caramelize half the sugar and add slowly to scalded milk or cream. Or, add 1 cup Praline Powder (p. 29), made with pecans.

Raisin and Nut. Force 1 cup raisins and 1 cup pecan nut meats through food chopper.

CHOCOLATE ICE CREAM

1 $\frac{1}{4}$ cups sugar	2 cups milk
1 tablespoon flour	2 squares chocolate
$\frac{1}{4}$ teaspoon salt	2 cups cream
2 eggs, slightly beaten	1 tablespoon vanilla

Scald milk with chocolate. Mix sugar, flour, and salt and add eggs. Combine mixtures and cook over hot water until thickened. Cool, add cream and vanilla. Strain and freeze.*

Coffee Chocolate. Scald $\frac{1}{3}$ cup ground coffee with milk and chocolate. Strain.

* General Directions for Freezing, p. 576.

MILK CHOCOLATE ICE CREAM

$\frac{1}{2}$ pound sweet chocolate	$\frac{1}{2}$ cup sugar
2 cups cold milk	2 cups thin cream
3 eggs	1 tablespoon vanilla
$\frac{1}{8}$ teaspoon salt	

Cook chocolate with milk over hot water until thick and smooth (about 15 minutes). Beat eggs with sugar, add cream, vanilla, and salt. Combine mixtures, strain, and freeze.*

COFFEE ICE CREAM

1 cup milk	$\frac{1}{8}$ teaspoon salt
$\frac{1}{4}$ cup Mocha coffee, ground	1 cup sugar
3 egg yolks	3 cups thin cream

Scald milk with coffee, and add half the sugar. Without straining, use this mixture for making custard, with eggs, salt, and remaining sugar. Add 1 cup cream and let stand 30 minutes. Cool, strain through double cheesecloth, add remaining cream, and freeze.*

Coffee Caramel. Caramelize (p. 29) half the sugar and add slowly to hot milk.

GRAPE ICE CREAM

1 pint cream	$\frac{1}{3}$ cup sugar
$1\frac{1}{4}$ cups grape juice	Lemon or fresh lime juice

Mix cream, grape juice, and sugar. Add lemon or lime juice to taste. Freeze.*

NOUGAT ICE CREAM

3 cups milk	5 egg whites
1 cup sugar	$\frac{1}{3}$ cup each, pistachio, filbert, English
5 egg yolks	walnut, and almond meats
1 teaspoon salt	1 teaspoon almond extract
$1\frac{1}{2}$ cups whipping cream	1 tablespoon vanilla

Make a custard of first four ingredients, strain, and cool. Add cream beaten until stiff, egg whites beaten until stiff, nut meats finely chopped, and flavoring. Freeze.*

* General Directions for Freezing, p. 576.

BURNT WALNUT BISQUE

2 cups scalded milk	1 cup Nut Brittle made with
3 egg yolks	walnuts (p. 29)
$\frac{1}{3}$ cup sugar	1 cup heavy cream
$\frac{3}{4}$ tablespoon vanilla	Few grains salt

Make custard of milk, eggs, sugar, and salt. Add brittle, cool, then add cream beaten until stiff, and vanilla. Freeze* and mold.

ORANGE ICE CREAM

1 cup heavy cream	2 cups orange juice
1 cup thin cream	Sugar

Add cream slowly to orange juice, sweeten to taste, and freeze.* Serve with canned strawberries or fresh fruit mashed and sweetened.

FROZEN ORANGE SOUFFLÉ

1 $\frac{1}{2}$ cups orange juice	1 $\frac{1}{2}$ tablespoons granulated gelatine
1 $\frac{1}{2}$ cups sugar	3 tablespoons boiling water
2 tablespoons lemon juice	1 pint cream
	5 egg yolks

Mix fruit juice, sugar, and egg yolks. Cook over boiling water until mixture thickens; then add gelatine dissolved in boiling water. Cool, freeze* to a mush, add whipped cream, and continue freezing. Garnish, if desired, with candied orange peel and chopped pistachio nuts.

ORANGE DELICIOUS

2 cups sugar	1 cup thin cream
1 cup water	2 egg yolks
2 cups orange juice	1 cup heavy cream
$\frac{1}{4}$ cup shredded, candied orange peel	

Boil sugar and water 5 minutes, then add orange juice. Scald cream, add egg yolks, and cook over hot water, stirring constantly, until mixture thickens. Cool, add to first mixture, with heavy cream beaten stiff. Freeze.* When nearly frozen, add orange peel.

* General Directions for Freezing, p. 576.

APRICOT AND ORANGE ICE CREAM

1 can apricots (No. 2)	$\frac{1}{4}$ cup lemon juice
$1\frac{1}{2}$ cups orange juice	Few grains salt
Sugar (about 1 cup)	1 quart cream

Drain apricots and force through purée strainer. To sirup add fruit juices and salt, and sweeten to taste; then add apricot purée and cream. Freeze.*

APRICOT, PEACH, OR PINEAPPLE ICE CREAM

3 cups thin cream	4 egg whites (if desired), beaten stiff
$\frac{1}{8}$ teaspoon salt	1 cup crushed pineapple <i>or</i>
Sugar	Fresh or canned apricot <i>or</i>
Lemon juice, 1 teaspoon or more	Peach pulp and juice

Combine cream, salt, and egg whites, if used. Freeze to mush.* Add fruit pulp and juice, sugar and lemon juice to taste, and finish freezing.*

RASPBERRY OR STRAWBERRY ICE CREAM

3 cups thin cream	4 egg whites (if desired), beaten stiff
1 quart berries	1 cup sugar
	Few grains salt

Wash and hull berries, chop, sprinkle with sugar, cover, and let stand 2 hours in warm place. Mash and strain. Add salt. Freeze cream and egg whites, if used, to mush,* add fruit juice gradually, and finish freezing.*

Blueberry Ice Cream. Stew berries until soft, add sugar, mash, and strain. Cool before adding to cream.

WINTER STRAWBERRY ICE CREAM

3 cups thin cream	Sugar
Sirup from canned strawberries	Few grains salt
Rose vegetable coloring	

Flavor cream with sirup, add sugar to taste, and salt. Color a delicate pink and freeze.*

* General Directions for Freezing, p. 576.

FROZEN PUDDING

2 cups milk	$\frac{1}{4}$ teaspoon salt
$\frac{3}{8}$ cup raisins	1 quart thin cream
1 cup sugar	$\frac{1}{2}$ cup almonds
1 egg	$\frac{1}{2}$ cup candied pineapple
1 tablespoon flour	$\frac{1}{8}$ cup preserved ginger
3 tablespoons wine	

Scald raisins in milk 15 minutes, strain, make custard of milk, egg, sugar, flour, and salt; strain, cool, add pineapple, ginger cut in small pieces, nuts finely chopped, wine, and cream; then freeze.* The raisins should be rinsed and saved for a pudding. Mixed candied fruit may be used.

FROZEN PLUM PUDDING

2 cups milk	$2\frac{1}{2}$ cups cream
1 cup sugar	$\frac{3}{4}$ cup candied fruit
6 egg yolks	$\frac{1}{2}$ cup almonds, blanched and chopped
$\frac{1}{4}$ teaspoon salt	$\frac{1}{3}$ cup Sultana raisins
$\frac{1}{4}$ cup sherry	$\frac{1}{2}$ cup pounded macaroons

Make custard of milk, half the sugar, egg yolks, and salt. Caramelize the remaining sugar and add. Strain, cool, add remaining ingredients, and freeze.*

MOUSSES AND PARFAITS

Mousses and parfaits are whipped cream desserts frozen without stirring. A *mousse* may or may not have a foundation thickened with gelatine or other material. A *parfait* has a foundation of sirup cooked with beaten egg whites or yolks.

VANILLA MOUSSE I

2 cups heavy cream, whipped	1 teaspoon vanilla
$\frac{1}{2}$ cup powdered sugar	2 egg whites, beaten until stiff

Add sugar and vanilla to cream. Fold in egg whites. Freeze.* Other flavors may be used in place of vanilla.

* General Directions for Freezing, pp. 577, 578.

VANILLA MOUSSE II (*with Tapioca*)

2 cups milk	3 tablespoons corn sirup
3 tablespoons quick-cooking tapioca	1 cup cream
$\frac{1}{2}$ cup sugar	1 tablespoon vanilla

Scald milk with tapioca, sugar, and corn sirup. Stir occasionally and cook until thick (about 20 minutes). Rub through strainer, chill, and beat. Beat cream until thick and fold in the chilled mixture. Flavor and freeze.* Other flavors may be used in place of vanilla.

VANILLA MOUSSE III (*with Condensed Milk*)

1 cup condensed milk	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup water	$\frac{1}{2}$ pint whipping cream

Mix, chill 1 hour. Beat 2 minutes. Freeze.* This is especially successful frozen in refrigerator tray.

BISCUIT TORTONI I

Flavor Vanilla Mousse with sherry. Add $\frac{1}{2}$ cup dried macaroons, finely crushed. Mixture may be packed in paper cups, tops sprinkled with powdered macaroons, and cups set in tray of refrigerator to freeze.

BISCUIT TORTONI II

1 cup dried macaroons, finely crushed	$\frac{1}{2}$ cup sugar
2 cups thin cream	$\frac{1}{8}$ cup sherry
1 pint heavy cream	

Soak macaroons in thin cream 1 hour, add sugar and sherry, and freeze to a mush; then add heavy cream beaten stiff. Mold and freeze.*

CHANTILLY MOUSSE

Add one cup meringues, broken in pieces, to Vanilla Mousse mixture. Freeze.*

CHESTNUT MOUSSE

Add $\frac{1}{2}$ cup marrons, broken in pieces, to Vanilla Mousse mixture.

* General Directions for Freezing, pp. 577, 578.

CHOCOLATE MOUSSE

2 squares unsweetened chocolate	$\frac{3}{4}$ cup sugar
1 cup milk	1 teaspoon vanilla
1 teaspoon granulated gelatine	2 cups whipping cream

Scald milk with chocolate, $\frac{1}{4}$ cup sugar, and gelatine. Beat until smooth and well blended. Add vanilla, strain into refrigerator tray or bowl, chill until mixture thickens, beat until light, then fold in cream beaten until stiff, to which remaining sugar has been added. Freeze in refrigerator tray or in salt and ice.*

COFFEE MOUSSE

$\frac{1}{2}$ tablespoon granulated gelatine, <i>soaked in</i>	1 cup boiled coffee
2 tablespoons cold water	Few grains salt
3 tablespoons hot water	$\frac{3}{4}$ cup sugar
	1 pint heavy cream, beaten stiff

Dissolve soaked gelatine in hot water. Add coffee, salt, and sugar. Stir thoroughly. Strain into refrigerator tray or bowl. Chill until thickened, beat until light, fold in cream, and freeze* in refrigerator tray or in salt and ice.

FRUIT MOUSSE

(*Raspberry, Strawberry, Peach, etc.*)

1 cup fruit pulp and juice	1 teaspoon granulated gelatine, <i>soaked in</i>
$\frac{3}{4}$ cup sugar (or to taste for canned fruit)	2 tablespoons cold water
Few grains salt	3 tablespoons boiling water
	1 pint cream, beaten stiff

Rub fruit through sieve. Add soaked gelatine dissolved in boiling water. Strain into refrigerator tray or bowl. Chill until thickened, beat until light, fold in cream and freeze* in refrigerator tray or salt and ice.

Flavor Peach Mousse with a few drops of almond extract.

PINEAPPLE MOUSSE

1 teaspoon granulated gelatine, <i>soaked in</i>	2 tablespoons lemon juice
1 tablespoon cold water	$\frac{1}{2}$ cup sugar
2 tablespoons boiling water	1 pint cream, beaten stiff
	1 cup syrup from canned pineapple

* General Directions for Freezing, pp. 577, 578.

Dissolve soaked gelatine in boiling water. Add sirup, lemon juice, and sugar. Heat to boiling point. Strain. Chill until thickened. Beat until light. Fold in cream. Freeze* in refrigerator tray or in salt and ice.

WINTER STRAWBERRY MOUSSE

1 cup preserved strawberries 1 cup whipping cream

Whip cream and fold in strawberries. Freeze.*

MAPLE PARFAIT

4 eggs $\frac{2}{3}$ cup hot maple sirup 1 pint whipping cream

Beat eggs slightly and pour on slowly maple sirup. Stir and cook in double boiler until mixture thickens, cool, and add cream beaten until stiff. Freeze.*

MARRON PARFAIT

$\frac{2}{3}$ cup sugar	1 cup marrons, cut in pieces
$\frac{1}{4}$ cup water	1 tablespoon vanilla
6 egg yolks	1 pint whipping cream

Put sugar and water in saucepan; bring to boiling point and let boil 5 minutes. Pour sirup gradually, while beating constantly, on egg yolks beaten until thick, and cook over hot water, stirring constantly until mixture thickens. Remove from fire and beat until cold. Add marrons soaked in vanilla $\frac{1}{2}$ hour and cream beaten until stiff. Freeze.* Chopped nuts or macaroon crumbs may be used in place of marrons.

PISTACHIO PARFAIT

1 cup sugar	1 teaspoon almond extract
$\frac{1}{4}$ cup water	1 pint whipping cream
3 egg whites	Green coloring
1 tablespoon vanilla	$\frac{1}{2}$ cup finely chopped pistachio nuts
	Whipped cream

Boil sugar and water until sirup threads. Pour slowly, while stirring constantly, on beaten egg whites, and continue beating until mixture is cold; then add flavoring. Color cream a delicate green

* General Directions for Freezing, pp. 577, 578.

and beat until stiff. Add to first mixture with nut meats. Freeze.* Garnish top with whipped cream, sweetened and flavored with vanilla, and sprinkle with chopped pistachio nuts.

STRAWBERRY PARFAIT

1 quart strawberries	$\frac{1}{2}$ cup water
2 cups sugar	3 egg whites
1 pint whipping cream	

Wash, pick over, hull, and mash berries. Sprinkle with half the sugar, cover, and let stand several hours; then force through fine strainer. Boil remaining sugar and water until mixture threads. Pour sirup gradually, while beating constantly, on egg whites beaten until stiff. Cool and fold in cream beaten until stiff. Freeze * strawberry juice to a mush, add cream mixture, and continue freezing.

YELLOW PARFAIT (BUTTERSCOTCH PARFAIT)

$\frac{1}{3}$ cup brown sugar	2 egg yolks, well beaten
1 tablespoon butter	$\frac{1}{2}$ pint whipping cream
$\frac{1}{4}$ cup water	Few grains salt
1 $\frac{1}{2}$ teaspoons vanilla	

Cook sugar and butter together until melted and brown. Add water and stir and cook until melted. Pour slowly on egg yolks and beat and cook over hot water until fluffy. Chill. Beat cream and add to egg mixture with salt and vanilla. Freeze.*

MANHATTAN PUDDING

1 $\frac{1}{2}$ cups orange juice	$\frac{1}{2}$ pint whipping cream
$\frac{1}{4}$ cup lemon juice	$\frac{1}{4}$ cup powdered sugar
Sugar	$\frac{1}{4}$ tablespoon vanilla
$\frac{2}{3}$ cup chopped walnut meats or powdered macaroons	

Mix fruit juices and sweeten to taste. Turn mixture into brick mold. Whip cream and add sugar, vanilla, and nut meats; pour over the first mixture to overflow mold; cover with buttered paper, fit on cover, and freeze * for 1 $\frac{1}{2}$ hours. If frozen too long, pudding will be icy.

* General Directions for Freezing, pp. 577, 578.

STANDISH PUDDING

1 quart strawberries	$\frac{1}{2}$ pint whipping cream
1 cup granulated sugar	$\frac{1}{4}$ cup powdered sugar
1 cup water	$\frac{1}{2}$ tablespoon vanilla
Lemon juice	$\frac{2}{3}$ cup rolled dried macaroons

Pick over strawberries, sprinkle with granulated sugar, cover, and let stand 2 hours. Mash, squeeze through a double thickness of cheesecloth, and add water and lemon juice to taste. Turn mixture into brick mold. Beat cream until stiff and add powdered sugar, vanilla, and rolled macaroons. Pour over fruit mixture to overflow mold. Cover with buttered paper and freeze.*

FROZEN ORANGE WHIP

1 cup sugar	$\frac{1}{4}$ cup orange juice
$\frac{2}{3}$ cup water	1 pint whipping cream
Grated rind 2 oranges	2 oranges

Boil sugar and water until sirup threads. Add grated rind and orange juice, cover and keep warm 1 hour; then cool. Beat cream until stiff and add the orange sirup gradually. Cut oranges in halves, crosswise, remove pulp, and separate into small pieces. Pour juice from the 2 oranges into a brick mold; then put in alternate layers of cream and orange pulp until mold is filled to overflowing. Freeze.*

COUPE

Serve any ice or ice cream in glasses with a sauce or fruit or a combination of fruits. The top may be garnished with whipped cream forced through a pastry bag and tube, candied fruits, chopped nuts, candied violets or rose leaves, chopped nut brittle, marrons broken in pieces, Bar-le-Duc currants, candied orange peel, fresh mint leaves, Angelica, etc.

Fruit cut in pieces or a fruit cocktail may be put in a tall glass from one-third to two-thirds its height and the glass filled with ice cream or an ice.

Some special combinations are listed on the following page.

* General Directions for Freezing, pp. 577, 578.

Chocolate Mint Coupe. Chocolate Ice Cream, garnished with whipped cream, flavored with oil of peppermint, and colored green. Or Chocolate Ice Cream with Marshmallow Mint Sauce (p. 612).

Coffee Coupe. Vanilla Ice Cream in parfait glass. Pour over strong hot coffee. Garnish with whipped cream. Top with maraschino cherry, if desired.

Coffee Cherry Coupe. Coffee Ice Cream with maraschino cherries.

Concord Cream. Grape Ice Cream, garnished with whipped cream and chopped pistachio nuts.

Orange Pistachio Cream. Orange Ice or Ice Cream garnished with whipped cream and chopped pistachio nuts.

Ice à la Margot. Vanilla Ice Cream in champagne glasses, covered with whipped cream, sweetened, flavored with pistachio, and tinted very light green. Garnish with pistachio nuts or Malaga grapes, peeled, seeded, and halved.

Coupe St. Jacques. Any fruit cocktail in a tall glass with Lemon Ice on top. Pear, grapefruit, orange, and Malaga grapes or strawberries make a delicious combination.

Icebergs. Mint Ice sprinkled with finely chopped almonds, filberts, pecans, and walnuts in equal proportions.

Orange Coupe. Orange ice in hollowed-out orange halves. Pour over curaçao and decorate with sprig of mint or other green leaves.

SAUCES FOR ICE CREAMS, MOUSSES, ETC.

Butterscotch Almond Sauce (p. 605)

Butterscotch Sauce (p. 605)

Thin Chocolate Sauce (p. 606)

Chocolate Fudge Sauce (p. 607)

Coffee Sauce (p. 607)

Fruit Sauce (p. 608)

Marshmallow Sauce (p. 612)

Marshmallow Mint Sauce (p. 612)

Melba Sauce I (p. 612)

Melba Sauce II (p. 612)

Mincemeat Sauce (p. 613)

Strawberry Sauce III (p. 616)

SPECIAL CHOCOLATE MINT COUPE

Put a layer of Milk Chocolate Ice Cream (p. 587) in coupe glass, cover with a layer of Mint Cream, and cover Mint Cream with a layer of the chocolate cream. Garnish each with a square of glacé mint paste.

Special Mint Cream. Mix 2 cups light cream or 1 cup heavy cream and 1 cup milk with $\frac{1}{2}$ cup sugar and 3 drops oil of peppermint. Color delicate green and freeze.*



Baked Alaska — a Festive but Simple Dessert

BAKED ALASKA

Meringue I (p. 625) ($1\frac{1}{2}$ times recipe) 1 quart brick ice cream
Thin sheet sponge cake

Cover a board with white paper, arrange cake on paper and ice cream on cake, having cake extend $\frac{1}{2}$ inch beyond cream. Cover entirely with meringue and spread smoothly. Brown quickly in hot oven (450° F.). Board, paper, cake, and meringue are poor conductors of heat and prevent cream from melting. Slip from paper on ice cream platter: Serves 6 to 8.

En Surprise. Before spreading with meringue, make hollow in top of brick of ice cream and fill with crushed fruit or marrons.

GRAPEFRUIT DE LUXE

Cut grapefruit in halves, remove fruit pulp and cut away white part to make a clean bowl. Half fill skins with sections of fruit,

* General Directions for Freezing, pp. 577, 578.

cover with vanilla ice cream, cover with Meringue I (p. 625). Set on board covered with paper and brown in hot oven (500° F.). Serve immediately.

ICE CREAM PIES

Fill pastry shells with ice cream. Cover with Meringue I (p. 625), set on board covered with paper, and brown in hot oven (500° F.). Serve immediately.

ICE CREAM CROQUETTES

Shape ice cream in individual molds or with an ice-cream scoop and roll in Jordan almonds, blanched, shredded, and browned in oven or in macaroon dust made by pounding and sifting dry macaroons.

FROZEN ÉCLAIRS OR CREAM PUFFS

Fill Cream Puff or Eclair shells (p. 711) with any Vanilla Ice Cream. Serve with Chocolate (p. 606) or Butterscotch Sauce (p. 605).

MERINGUE GLACÉ

Serve ice cream between pairs of Meringues (p. 706). Garnish or not with whipped cream. Or serve with Chocolate Sauce (p. 606) or crushed and sweetened strawberries, raspberries, or peaches, etc.

ICE CREAM WITH PEACHES

Serve brick of Vanilla Ice Cream surrounded by halves of canned peaches filled with halves of blanched almonds. Cook peaches in sirup until soft and chill before using. Pour on sirup. Canned apricots may be used.

MAZARINE

Bake Brioche (p. 84) or Cream Sponge Cake (p. 652) in a Charlotte Russe mold or individual tins, cool, cut a slice from top of each cake, and remove center, leaving a wall $\frac{1}{2}$ inch thick. Fill with Vanilla Ice Cream, invert on serving dish, and pour on Apricot Marmalade. For further suggestions, see Charlotte Baskets (p. 569).

PEACH OR PEAR MELBA

Arrange Vanilla Ice Cream on half preserved peach or pear. Pour over Melba Sauce I or II (p. 612) and garnish with whipped cream.

BOMBES AND MOLDS

A bombe is made by freezing two mixtures in a mold, one as coating, the other as center. Both mixtures may be frozen before putting in mold (commercial ice cream may be used for one or both parts). Or, the outside may be frozen and the center an unfrozen mixture — flavored whipped cream, mousse, parfait, Italian Meringue, Angel Parfait, or Charlotte Russe mixture.

To fill and freeze bombes and molds, see p. 577.

Successful Combinations.

<i>Coating</i>	<i>Center</i>
Ice Cream ⁵⁸⁵ (any flavor)	Whipped Cream, Charlotte Russe ⁵⁶⁷ , Vanilla Mousse ⁵⁹⁰ , Italian Mer- ingue ⁶⁰⁰ , or Angel Parfait ⁶⁰⁰
Orange Ice ⁵⁷⁹	Macaroon Cream ⁵⁸⁶ , Frozen Orange Soufflé ⁵⁸⁸ , Orange Ice Cream ⁵⁸⁸
Raspberry Ice ⁵⁸¹	Vanilla Mousse ⁵⁹⁰ or Vanilla Ice Cream ^{583, 584}
Chocolate Ice Cream ⁵⁸⁵	Mint, Peppermint Candy, or Pis- tachio Ice Cream ⁵⁸⁶
Pistachio Ice Cream ⁵⁸⁶	Burnt Almond Ice Cream ⁵⁸⁵
Coffee Ice Cream ⁵⁸⁵	Italian Meringue ⁶⁰⁰
Pomegranate Ice ⁵⁷⁹	Italian Meringue ⁶⁰⁰ Serve this bombe with Iced Madeira Sauce ⁶¹¹
Coffee Caramel Ice Cream ⁵⁸⁵	Whipped Cream, sweetened and flavored with sherry
Citrus Sherbet ⁵⁸⁰ or Lemon Ice ⁵⁷⁹	Whipped cream, sweetened and flavored with maraschino. Gar- nish on serving dish with Bar-le- Duc currants and pistachio nuts.

ANGEL PARFAIT

$\frac{2}{3}$ cup sugar	3 egg whites
$\frac{3}{4}$ cup water	1 pint whipping cream
1 teaspoon vanilla	

Boil sugar and water until sirup will thread when dropped from tip of spoon. Pour slowly on beaten egg whites and continue beating until mixture is cool. Add cream beaten until stiff, and vanilla.

ITALIAN MERINGUE

$\frac{1}{2}$ cup sugar	$\frac{3}{4}$ cup whipping cream
$\frac{1}{4}$ cup water	$\frac{1}{2}$ tablespoon vanilla
3 egg whites	$\frac{1}{4}$ teaspoon granulated gelatine

Boil sugar and water 5 minutes; pour slowly on beaten egg whites and continue beating. Place in pan of ice water and beat until cold. Dissolve gelatine in small quantity boiling water and strain into mixture. Whip cream, fold into mixture, and flavor.

NEAPOLITAN ICE CREAM

Pack two or three flavors of ice cream in layers in brick mold. One layer is usually lemon or orange ice. Freeze.*

SPUMONE

Line melon mold with Lemon Ice or French Vanilla Ice Cream. Fill with Bisque Ice Cream and Chocolate Mousse, one layer of each. Freeze.*

DEMI-GLACE AUX FRAISES

Line brick mold with French Vanilla Ice Cream (p. 584). Put in layer of lady fingers. Fill center with preserved strawberries or large fresh berries cut in halves. Cover with ice cream, pack,* and let stand 1 hour.

GLACE HELENE

1 quart Vanilla Ice Cream	$\frac{1}{2}$ cup powdered sugar
1 pint whipping cream, beaten until stiff	1 jar red Bar-le-Duc currants
	1 teaspoon vanilla
1 cup crushed pineapple, soaked in	1 tablespoon Kirsch 1 hour

* General Directions for Freezing, p. 577.

Add sugar, currants, vanilla, and pineapple to cream. Line 2-quart mold with ice cream, fill with prepared mixture, and cover with ice cream to overflow mold. Freeze.* Serves 12.

MARRON BOMBE

1 quart Vanilla Ice Cream	1 teaspoon granulated gelatine
$\frac{1}{2}$ cup sugar	$1\frac{1}{2}$ cups vanilla marrons
$\frac{1}{4}$ cup water	1 pint cream, whipped
2 egg whites	$\frac{1}{2}$ tablespoon vanilla

Cook sugar and water 5 minutes, pour onto beaten egg whites, dissolve gelatine in $1\frac{1}{2}$ tablespoons boiling water, and add to first mixture. Set in pan of ice water and stir until cold; add chestnuts broken in pieces and fold in cream and vanilla. Line 2-quart mold with ice cream and fill with mixture. Freeze.* Serves 12.

MARRON PLOMBIÈRE

1 quart French Vanilla Ice Cream flavored with 2 tablespoons brandy	1 pint cream, whipped
$\frac{1}{2}$ tablespoon granulated gelatine	1 teaspoon vanilla
2 tablespoons cold water	Few grains salt
$\frac{1}{4}$ cup scalded cream	10 brandied marrons
$\frac{1}{3}$ cup powdered sugar	$\frac{1}{4}$ cup Sultana raisins
$1\frac{1}{2}$ tablespoons brandy	5 macaroons

Soak gelatine in cold water, dissolve in scalded cream, add powdered sugar. Set in pan of ice water and stir until mixture begins to thicken; add cream, vanilla, salt, marrons broken in pieces, Sultana raisins, and macaroons (broken in pieces) soaked in brandy 1 hour. Line 2-quart mold with ice cream and fill with prepared mixture. Freeze.* Serves 12.

NESSELRODE PUDDING

3 cups milk	$\frac{1}{2}$ teaspoon salt
1 cup sugar	1 pint thin cream
5 egg yolks	$\frac{1}{4}$ cup pineapple sirup
$1\frac{1}{2}$ cups marrons canned in sirup	

Make custard of first 4 ingredients, strain, and cool. Add cream, pineapple sirup, and marrons forced through a sieve. Add more sugar, if necessary. Freeze.* Line a 2-quart melon mold with

* General Directions for Freezing, p. 577.

part of mixture. To remainder add $\frac{1}{2}$ cup candied fruit cut in small pieces, $\frac{1}{4}$ cup Sultana raisins, and 8 marrons broken in pieces and soaked several hours in maraschino sirup. Fill mold. Pack.* Serve with whipped cream sweetened and flavored with maraschino sirup. Serves 12.

NEW YEAR'S BOMBE

1 quart French Vanilla Ice Cream ⁵⁸⁴	2 cups cream
1 cup Nut Brittle (p. 29)	$\frac{1}{8}$ cup Jordan almonds
$\frac{3}{4}$ tablespoon granulated gelatine, soaked in	$\frac{1}{4}$ cup powdered sugar
3 tablespoons cold water	1 teaspoon vanilla
	$\frac{1}{8}$ teaspoon salt

Beat cream until stiff and add gelatine dissolved over hot water, brittle, almonds (blanched, roasted in hot oven until brown, and chopped), powdered sugar, vanilla, and salt. Line mold with ice cream, fill with prepared mixture, adjust cover, and freeze.*

NOISETTE BOMBE

Fresh Strawberry Ice (p. 581)	4 egg yolks
1 cup Nut Brittle (p. 29), made with filberts	$1\frac{1}{8}$ cups heavy cream
$\frac{3}{4}$ cup hot Caramel Sirup (p. 29)	$\frac{1}{2}$ tablespoon vanilla
	Few grains salt

Beat egg yolks until thick, add gradually Caramel Sirup, and cook in double boiler until mixture thickens; then beat until cold. Fold in cream beaten until stiff. Add Nut Brittle, vanilla, and salt. Line melon mold with strawberry ice, turn in mixture, and freeze.*

STRAWBERRY BOMBE

Fresh Strawberry Ice (p. 581)	$\frac{3}{4}$ cup powdered sugar
1 cup whipping cream	Strawberries
2 teaspoons vanilla	1 tablespoon Kirsch

Beat cream until stiff, add powdered sugar, Kirsch, and vanilla. Force strawberries through sieve to make 1 cup and add to cream. Line mold with Strawberry Ice, fill with cream, cover with ice to overflow mold, and freeze.* Garnish with whipped cream and fresh selected strawberries.

* General Directions for Freezing, p. 577.

STRAWBERRY PARFAIT AMOUR

1 quart Strawberry Parfait (p. 594)	$\frac{3}{4}$ cup Jordan almonds
1 pint whipping cream	$1\frac{1}{2}$ teaspoons vanilla
$\frac{1}{2}$ cup powdered sugar	$\frac{3}{4}$ cup Brittle (p. 29)
Few grains salt	

Beat cream until stiff and add sugar, almonds (blanched, roasted in a slow oven, and chopped), Brittle (broken in small pieces), and salt. Turn into border or ring mold, cover with buttered paper, adjust cover, and pack in salt and ice, using 2 parts finely crushed ice to 1 part rock salt, and let stand 3 hours. Remove from mold to chilled serving dish, pile parfait in center, and garnish with crystallized roses. Serves 12.

SULTANA ROLL

Line round molds or tin boxes with Pistachio Ice Cream (p. 586), sprinkle with Sultana raisins which have been soaked 1 hour in brandy. Fill centers with Vanilla Ice Cream or whipped cream. Cover with Pistachio Ice Cream. Pack.* Serve with Melba Sauce (p. 612), or Claret Sauce.

Claret Sauce. Boil 1 cup sugar and $\frac{1}{4}$ cup water 8 minutes. Cool slightly and add $\frac{1}{3}$ cup claret.

* General Directions for Freezing, p. 577.

CHAPTER 41

DESSERT SAUCES

Use saucepan large enough to allow for cooking without danger of overflowing but not so large that mixture is only a thin layer in bottom. A pan with a heavy bottom distributes the heat evenly.

APRICOT SAUCE

$\frac{3}{4}$ cup apricot pulp $\frac{3}{4}$ cup whipping cream Sugar

Drain canned apricots from their sirup and rub through a sieve. Beat cream until stiff, add to apricot pulp, and sweeten to taste.

BANANA SAUCE I

1 ripe banana 1 tablespoon lemon juice
 $\frac{1}{4}$ cup sugar $\frac{1}{2}$ cup heavy cream, whipped

Peel and scrape banana. Mash and put through sieve. Cook with sugar and lemon juice to boiling point. Chill. Fold into cream.

BANANA SAUCE II

1 tablespoon butter 1 egg yolk
1 tablespoon flour 1 banana
 $\frac{1}{4}$ cup sugar Few grains salt
 $\frac{1}{2}$ cup milk $\frac{1}{2}$ cup whipping cream

Cream butter, add flour, and stir until well blended; then add sugar gradually. Scald milk, add mixture, and stir constantly until thickened. Add egg yolk slightly beaten and cook 3 minutes. Then add banana skinned, scraped, and forced through a strainer. Chill and add salt and cream beaten until stiff.

BUTTERSCOTCH SAUCE I

1 $\frac{1}{4}$ cups brown sugar	4 tablespoons butter
$\frac{2}{3}$ cup corn sirup	$\frac{3}{8}$ cup heavy cream
	$\frac{3}{8}$ cup milk

Put sugar, corn sirup, and butter in saucepan, bring to boiling point, and boil to 230° F., or until a soft ball may be formed when tried in cold water. Add cream and milk.

BUTTERSCOTCH SAUCE II

$\frac{1}{2}$ cup butter	1 tablespoon lemon juice
2 $\frac{2}{3}$ cups brown sugar (1 pound)	$\frac{1}{2}$ cup heavy cream

Combine ingredients. Cook in double boiler 1 hour, stirring occasionally.

BUTTERSCOTCH ALMOND SAUCE

Add toasted almonds to Butterscotch Sauce I or II.

CAMBRIDGE SAUCE

$\frac{1}{3}$ cup butter	1 $\frac{1}{2}$ tablespoons cold water
1 cup powdered sugar	$\frac{1}{2}$ cup boiling water
2 teaspoons flour	1 teaspoon vanilla

Cream butter and beat in sugar gradually. Mix flour with cold water, add gradually to boiling water, and boil 5 minutes. Cool. Just before serving, combine mixtures and add flavoring.

Yankee Sauce. Add 1 teaspoon vinegar.

CARAMEL SAUCE I

1 cup sugar	1 cup boiling water
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Caramelize sugar (p. 29). Add water slowly. Boil 6 minutes. Cool. $\frac{1}{4}$ cup clear coffee may replace part of the water.

CARAMEL SAUCE II

1 cup sugar	$\frac{1}{2}$ cup water
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Boil until light brown. Add $\frac{3}{4}$ cup water and boil until of desired consistency.

COLD CHOCOLATE SAUCE

2 cups milk	2 tablespoons hot water
1½ tablespoons cornstarch	2 eggs
2 squares unsweetened chocolate	⅔ cup powdered sugar
4 tablespoons powdered sugar	1 teaspoon vanilla

Scald 1¾ cups milk, add cornstarch mixed with remaining milk, and cook 8 minutes in double boiler. Melt chocolate over hot water, add 4 tablespoons powdered sugar and hot water; stir until smooth, then add to cooked mixture. Beat egg whites until stiff, add gradually remaining sugar, and continue beating; then add unbeaten yolks and stir into cooked mixture; cook 1 minute, add vanilla. Cool.

THIN CHOCOLATE SAUCE (HOT OR COLD)

1 cup sugar	1½ squares chocolate, melted
½ cup water	over hot water
Few grains cream of tartar	¼ teaspoon vanilla

Boil sugar, water, and cream of tartar 5 minutes. Pour slowly on chocolate. Cool slightly and flavor.

CHOCOLATE CREAM SAUCE

1 cake (8 ounces) dipping chocolate	⅓ cup cream
1 tablespoon white corn sirup	

Melt chocolate over hot water. Add sirup, stir until smooth and add cream.

HOT CHOCOLATE SAUCE

1 square unsweetened chocolate	1 tablespoon butter
1 cup sugar	⅓ cup boiling water
2 tablespoons corn sirup	½ teaspoon vanilla
Few grains salt	

Melt chocolate; add butter and pour water on gradually. Bring to boiling point, add sugar and corn sirup. Boil 5 minutes, cool slightly, add vanilla and salt.

FUDGE SAUCE

Use any fudge recipe, cooking to soft-ball stage. Beat well and serve hot.

SPECIAL FUDGE SAUCE

1 $\frac{1}{4}$ cups cocoa	$\frac{1}{2}$ cup white corn sirup
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ teaspoon salt	2 tablespoons butter
1 tablespoon cornstarch	2 teaspoons vanilla

Mix dry ingredients, add corn sirup and milk, and mix thoroughly. Cook 15 minutes over hot water, stirring until it thickens. Add butter, cool, and add vanilla.

COFFEE SAUCE

1 $\frac{1}{2}$ cups milk	$\frac{1}{3}$ cup sugar
$\frac{1}{2}$ cup ground coffee	$\frac{3}{4}$ tablespoon arrowroot

Scald milk with coffee and let stand 20 minutes. Mix remaining ingredients and pour on gradually hot infusion which has been strained. Cook 5 minutes.

COFFEE CREAM SAUCE (COFFEE MOUSSELAINE)

3 egg yolks, slightly beaten	$\frac{1}{8}$ teaspoon salt
4 tablespoons sugar	1 cup coffee infusion
$\frac{1}{3}$ cup whipping cream, beaten until stiff	

Add sugar and salt to eggs. Add coffee gradually. Cook in double boiler until thickened, stirring as necessary. Cool, fold in cream.

CREAMY SAUCE

$\frac{1}{4}$ cup butter	2 tablespoons warm milk
$\frac{3}{4}$ cup powdered sugar	1 teaspoon vanilla or 2 tablespoons wine

Cream butter, add sugar gradually, and milk and vanilla drop by drop, to prevent curdling. For a thinner sauce, warm over hot water, stirring until smooth and creamy.

CURRENT JELLY SAUCE

$\frac{1}{2}$ cup currant jelly	2 teaspoons lemon juice
2 tablespoons hot water	Few grains salt

Break up jelly with fork, add other ingredients. Melt or not.

CUSTARD SAUCE

Soft Custard (p. 529).

CURAÇAO OR DEWEY SAUCE

1 cup sugar	1 teaspoon Curaçao
2 tablespoons rum	2 egg yolks, well beaten
$\frac{1}{4}$ cup water	Red coloring

Bring sugar and water to boiling point and boil to a thin sirup. Pour slowly on egg yolks and cook, stirring constantly, until mixture thickens slightly. Color red. If desired, use red fruit juice in place of rum and Curaçao. Serve on Vanilla Ice Cream.

FOAMY SAUCE I

$\frac{1}{2}$ cup butter	1 teaspoon vanilla or
1 cup powdered sugar	2 tablespoons wine
	1 egg, well beaten

Cream butter, add gradually sugar, egg, and flavoring. Beat while heating over hot water.

FOAMY SAUCE II

2 egg whites	$\frac{1}{4}$ cup hot milk
1 cup powdered sugar	1 teaspoon vanilla

Beat egg whites until stiff, add sugar gradually, and continue beating. Add milk and vanilla.

FRUIT SAUCE

$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ pint bottle maraschino cherries
$\frac{1}{2}$ cup water	$\frac{1}{2}$ pint bottle green figs
$\frac{1}{4}$ pound dates	$\frac{1}{4}$ pound Jordan almonds
	Few grains salt

Pour boiling water over dates, let stand 3 minutes, drain, stone, and cut in small pieces. Add cherries with sirup, and figs cut in pieces, with sirup. Let stand overnight or for several hours, add almonds (blanched, halved, and browned in a moderate oven) and salt. Boil sugar and water 5 minutes and add fruit.

FRUIT JUICE SAUCE I

1 cup sugar	$\frac{1}{2}$ cup boiling water
1 tablespoon cornstarch	1 cup fruit juice (fresh or canned)
2 tablespoons lemon juice	

Mix cornstarch and sugar. Add boiling water and boil 5 minutes. Cool and add fruit juices.

FRUIT JUICE SAUCE II

Drain sirup from a pint jar of canned strawberry, raspberry, or pineapple, heat to boiling point, thicken slightly with arrowroot, and color with red food color.

GINGER SAUCE

1 cup sugar	$\frac{1}{2}$ cup water
3 tablespoons chopped crystallized ginger	

Boil 10 minutes.

HARD SAUCE

1 cup confectioners' sugar <i>or</i>	$\frac{1}{8}$ cup butter
$\frac{3}{4}$ cup granulated sugar	Flavoring

Let butter stand at room temperature until easy to work, cream thoroughly, and beat in sugar gradually. Continue beating until smooth and fluffy. Add flavoring drop by drop to keep from separating.

With Cream. Add $\frac{1}{4}$ cup heavy cream. Beat thoroughly.

For flavoring, use any of the following:

$\frac{1}{3}$ teaspoon lemon extract or $\frac{2}{3}$ teaspoon vanilla.

1 teaspoon brandy (**Brandy Sauce**).

1 to 3 tablespoons sherry or Madeira. Sprinkle with slight grating nutmeg (**Wine Sauce**).

2 teaspoons dry cocoa and 2 tablespoons strong coffee (**Mocha Sauce**). Add cream.

BROWN SUGAR HARD SAUCE

$\frac{1}{3}$ cup butter $\frac{2}{3}$ cup brown sugar Flavoring

Cream butter, beat in sugar gradually. Add flavoring, drop by drop. For suggestions, see under Hard Sauce (p. 609).

With Cream. Add 2 tablespoons heavy cream, drop by drop. Beat thoroughly. Flavor with $1\frac{1}{2}$ tablespoons sherry and 2 teaspoons brandy, added drop by drop.

Ohio Sauce. Make with cream. Add 2 tablespoons chopped nut meats and 2 tablespoons chopped dates. Flavor with lemon extract.

Sterling Sauce. Add 3 tablespoons lukewarm cream or milk, then 1 teaspoon vanilla or 2 tablespoons wine, drop by drop.

HONEY SAUCE

Add 2 tablespoons melted butter to 2 teaspoons cornstarch. Stir until smooth. Add $\frac{1}{2}$ cup honey and cook 5 minutes.

HONEY CREAM SAUCE

$\frac{1}{3}$ cup whipping cream $\frac{1}{4}$ to $\frac{1}{2}$ cup honey 1 teaspoon lemon juice

Whip cream until thick and whip in honey and lemon juice.

LEMON SAUCE I

$\frac{3}{4}$ cup sugar 2 teaspoons butter
 $\frac{1}{4}$ cup water 1 tablespoon lemon juice
 2 tablespoons light corn sirup

Boil sugar, corn sirup, and water in small saucepan 5 minutes without stirring. Remove from heat, add butter and lemon juice.

LEMON SAUCE II

$\frac{1}{2}$ cup sugar 2 tablespoons butter
 1 tablespoon cornstarch $1\frac{1}{2}$ tablespoons lemon juice
 1 cup boiling water Few gratings nutmeg
 Few grains salt

Mix sugar and cornstarch, add water gradually, stirring constantly. Boil 5 minutes, remove from fire, add other ingredients.

RICH LEMON SAUCE

$\frac{1}{3}$ cup butter	$\frac{1}{3}$ cup boiling water
1 cup sugar	3 tablespoons lemon juice
3 egg yolks	Few gratings lemon rind

Cream butter, add sugar gradually, and egg yolks slightly beaten; then add water and cook over boiling water until mixture thickens. Remove from range, add lemon juice and rind.

Vanilla Sauce. Use 1 teaspoon vanilla in place of lemon juice and nutmeg.

ICED MADEIRA SAUCE

$\frac{1}{4}$ cup orange juice	$\frac{1}{2}$ cup sugar
2 tablespoons lemon juice	1 cup boiling water
$\frac{1}{2}$ cup Madeira	2 egg whites

Freeze fruit juice and Madeira (p. 576). Boil sugar and water 5 minutes, pour slowly on beaten egg whites, set in pan of salted ice water, and stir until cold. Add to frozen mixture.

MAPLE CREAM SAUCE

1 cup maple sirup	$\frac{1}{2}$ cup cream
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Boil sirup and cream to soft-ball stage (232° F.). Beat 1 minute, serve plain, or add $\frac{1}{2}$ cup chopped nut meats.

MAPLE SUGAR SAUCE

1 $\frac{1}{2}$ cups maple sugar	2 teaspoons vanilla
$\frac{1}{2}$ cup cream	1 tablespoon butter

Cook sugar and cream until mixture bubbles. Add vanilla and butter. Beat until thick.

MOCK MAPLE SIRUP

1 cup light brown sugar	Few grains salt
$\frac{1}{3}$ cup water	$\frac{1}{4}$ teaspoon vanilla

. Dissolve sugar in water, add salt, boil 1 minute. Add vanilla. Serve hot or cold.

MARASCHINO SAUCE

$\frac{2}{3}$ cup boiling water	$\frac{1}{4}$ cup maraschino cherries,
$\frac{1}{3}$ cup sugar	cut in halves
2 tablespoons cornstarch	$\frac{1}{2}$ cup maraschino sirup
$\frac{1}{2}$ tablespoon butter	

Mix sugar and cornstarch, add gradually to boiling water, stirring constantly. Boil 5 minutes, and add cherries, sirup, and butter.

MARSHMALLOW SAUCE

$\frac{1}{4}$ pound marshmallows	1 cup confectioners' sugar
$\frac{1}{4}$ cup boiling water	

Cut marshmallows in pieces; melt in double boiler. Dissolve sugar in boiling water, add to marshmallows. Stir until thoroughly blended.

MARSHMALLOW MINT SAUCE

$\frac{1}{2}$ cup sugar	1 egg white
$\frac{1}{4}$ cup water	1 drop oil of peppermint
8 marshmallows	Green coloring

Boil sugar and water 5 minutes. Add marshmallows cut in small pieces (using scissors) and add gradually to egg white beaten until stiff. Flavor, color, and chill.

MELBA SAUCE I

1 cup canned or fresh raspberries	$\frac{1}{4}$ cup sugar
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Crush berries, strain to remove seeds. Add sugar and cook to a heavy sirup.

MELBA SAUCE II

1 cup pulp and juice of raspberries	$\frac{1}{2}$ tablespoon arrowroot or
$\frac{1}{2}$ cup currant jelly	cornstarch
$\frac{1}{2}$ cup sugar	1 tablespoon cold water

Add jelly and sugar to raspberries. Bring to boiling point. Add arrowroot or cornstarch mixed with cold water. Stir until mixture becomes thick and clear. Strain and cool.

MINCEMEAT SAUCE

$\frac{1}{2}$ cup sugar $\frac{1}{2}$ cup water 1 cup mincemeat

Boil sugar and water 5 minutes. Add mincemeat.

MOLASSES SAUCE

1 cup molasses 2 tablespoons lemon juice *or*
 1 $\frac{1}{2}$ tablespoons butter 1 tablespoon vinegar

Boil molasses and butter 5 minutes; remove from fire and add lemon juice.

MONROE SAUCE

2 cups brown sugar 4 tablespoons butter
 1 cup boiling water 1 teaspoon vanilla
 4 tablespoons cold water Slight grating nutmeg
 2 teaspoons cornstarch Few grains salt

Boil sugar and water 12 minutes. Add cold water to cornstarch and stir-until smooth; then add gradually, while stirring constantly, to sirup and simmer 40 minutes. Just before serving, add butter, vanilla, nutmeg, and salt.

ORANGE SAUCE I

3 egg whites Juice and rind 2 oranges
 1 cup powdered sugar Juice 1 lemon

Beat whites until stiff, add sugar gradually, and continue beating. Add rind and fruit juices.

ORANGE SAUCE II

Grated rind $\frac{1}{2}$ lemon Few grains salt
 Juice $\frac{1}{2}$ lemon 2 egg yolks
 $\frac{1}{2}$ cup orange juice 2 egg whites
 $\frac{1}{3}$ cup sugar 1 teaspoon vanilla

Mix grated rind, fruit juices, sugar, salt, and egg yolks, beaten slightly. Cook and stir constantly until mixture thickens. Add gradually, while beating constantly, to egg whites, beaten until stiff. Cool and add flavorings.

PINEAPPLE MINT SAUCE

1 cup crushed pineapple	$\frac{3}{4}$ cup water
1 cup sugar	Green coloring
6 drops oil of peppermint	

Simmer pineapple, sugar, and water 10 minutes. Cool, color, and add peppermint. Chill.

RAISIN SAUCE

1 cup seeded raisins, cut fine or chopped	$\frac{1}{2}$ cup sugar
$1\frac{1}{2}$ cups cold water	$1\frac{1}{2}$ tablespoons lemon juice

Add raisins to water. Simmer until soft. Add sugar, cook slowly 15 minutes. Add lemon juice.

RASPBERRY SAUCE

$\frac{1}{2}$ cup butter	$1\frac{1}{2}$ cups confectioners' sugar
$\frac{1}{4}$ cup Raspberry Sirup (p. 745)	

Cream butter and add sugar gradually while stirring and beating constantly. Then add Raspberry Sirup slowly (at first drop by drop) to prevent separating.

See also Melba Sauces (p. 612).

ROXBURY SAUCE

1 egg yolk	$\frac{1}{8}$ teaspoon salt
1 cup powdered sugar	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup scalded milk	1 tablespoon lemon juice
1 teaspoon cornstarch	Grated rind $\frac{1}{4}$ lemon
1 egg white	

Beat egg yolk until thick and lemon-colored and add $\frac{3}{4}$ cup sugar gradually, while beating constantly. Mix remaining sugar with cornstarch and salt and pour on, gradually, scalded milk. Cook in double boiler 10 minutes, stirring constantly until mixture thickens, and afterwards occasionally. Combine mixtures, add flavorings and egg white beaten until stiff.

SABAYON SAUCE

Grated rind and juice $\frac{1}{2}$ lemon	$\frac{1}{3}$ cup sugar
$\frac{1}{2}$ cup orange juice or white wine	2 eggs
or $\frac{1}{4}$ cup sherry wine	

Mix lemon juice and orange juice or wine, sugar, and yolks of eggs. Stir vigorously over hot water until it thickens, using a wire whisk. Pour over egg whites beaten stiff.

CREAM SABAYON SAUCE

$\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup cream	2 tablespoons sugar
2 egg yolks	Few grains salt
2 tablespoons sherry	2 egg whites beaten until stiff

Scald milk and cream in double boiler. Beat egg yolks until thick and add sugar. Pour milk and cream gradually, while beating constantly, on egg mixture and cook in double boiler, beating constantly with whisk until mixture thickens. Add wine, vanilla, and salt and pour over egg whites.

SEA FOAM SAUCE

2 tablespoons butter	1 egg yolk
2 tablespoons flour	$\frac{1}{2}$ cup water
$\frac{1}{2}$ cup sugar	1 teaspoon vanilla
	1 egg white

Cream butter and add flour, mixed with sugar, gradually, while stirring constantly; then add egg yolk, well beaten, water, and vanilla. Cook in double boiler until mixture thickens, stirring constantly at first, and afterwards occasionally. Cool. Just before serving, add egg white beaten until stiff.

STRAWBERRY SAUCE I

$\frac{1}{3}$ cup butter	1 cup confectioners' sugar	$\frac{2}{3}$ cup strawberries
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Cream butter, add sugar gradually, while stirring constantly. Wash, hull, and drain berries; add to first mixture one at a time (to prevent curdling), beating after each addition until well blended.

STRAWBERRY SAUCE II

$\frac{1}{3}$ cup butter	1 egg white
1 cup powdered sugar	$\frac{2}{3}$ cup strawberries

Cream butter, add sugar gradually, egg white, and berries. Beat until fruit is mashed.

STRAWBERRY SAUCE III

2 cups berries, hulled 1 cup sugar

Mash berries, add sugar, and let stand 1 hour.

WHIPPED CREAM

$\frac{1}{2}$ pint whipping cream 1 tablespoon powdered sugar
 $\frac{1}{2}$ teaspoon vanilla

Beat cream slightly and add sugar gradually while beating constantly, using egg beater. Add vanilla and few grains salt when stiff enough to hold its shape. To use with very sweet desserts, use less sugar or none.

Frozen Whipped Cream. Pack in drawer of mechanical refrigerator or pack in salt and ice and serve in cubes.

To Whip Thin Cream. Soften 1 teaspoon gelatine in 1 tablespoon cold water. Dissolve over hot water. Add to cream. Add 1 egg white. Beat.

Molasses or Honey Cream. Sweeten with molasses or honey in place of sugar.

WHIPPED EVAPORATED MILK

Scald 15 minutes, chill, set in bowl of ice and coarse salt, beat until stiff, and use like whipped cream.

DEVONSHIRE CREAM

1 quart milk, preferably not pasteurized 1 pint heavy cream

Combine milk and cream. Put in shallow pan. Set in cool place and leave undisturbed for 48 hours. Carefully set pan over low heat. Heat slowly until top crinkles. Remove from stove, cool, and set in ice box to chill. Skim off cream, which will be of consistency of soft cream cheese. Serve like whipped cream or with jam and scones or toast.

MOCK DEVONSHIRE CREAM

1 cream cheese (3 ounces) $\frac{1}{2}$ cup heavy cream

Mash cheese, beat in cream. Beat until smooth.

CREAMY JAM SAUCE

$\frac{1}{2}$ cup heavy cream $\frac{1}{4}$ cup tart jam (black currant, etc.)

Whip cream until stiff. Fold in jam.

**FLORODORA SAUCE OR WHIPPED
CREAM SAUCE**

1 egg white	$\frac{3}{4}$ cup whipping cream
$\frac{3}{4}$ cup powdered sugar	$\frac{1}{2}$ teaspoon vanilla <i>or</i>
1 egg yolk	2 tablespoons Madeira wine
Few grains salt	

Beat egg white until stiff and add sugar gradually, while beating constantly; then add egg yolk beaten until thick and lemon-colored, cream beaten until stiff, flavoring, and salt.

YELLOW SAUCE

2 eggs 1 cup confectioners' sugar $\frac{2}{3}$ teaspoon vanilla or wine

I. Beat eggs until thick, beat in sugar, and add flavoring.

II. Beat egg yolks until thick, add half the sugar gradually; beat egg whites until stiff, add gradually remaining sugar; combine mixtures and add flavoring.

CHAPTER 42

PASTRY

Perfect pastry requires the best shortenings, thoroughly chilled. Lightness depends on the amount of air enclosed and expansion of that air in baking. Flakiness depends upon kind and amount of shortening used. Lard makes more tender crust than butter, but lacks flavor which butter gives. Wash butter (p. 27) to remove salt and buttermilk, thus making it of a waxy consistency, easy to handle.

For rolling paste, use a smooth wooden board or pastry cloth and rolling-pin with handles. A cover for rolling-pin is useful.

Puff Paste should be used for vol-au-vents, patties, rissoles, bouchées, cheese straws, tarts, etc. It may be used for rims and upper crusts of pies, but never for lower crusts. Plain paste may be used wherever pastry is needed, except for vol-au-vents and patties.

PUFF PASTE

<i>By Weight</i>	<i>By Measurement</i>
$\frac{1}{2}$ pound butter	1 cup butter
7 ounces bread flour	$1\frac{1}{2}$ cups bread flour
5 ounces ice water	$\frac{5}{8}$ cup ice water

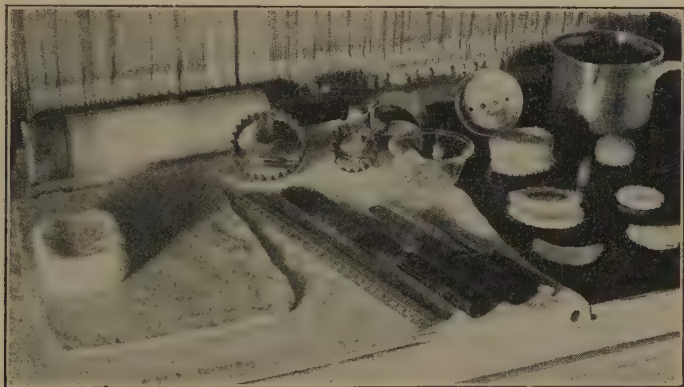
Wash butter (p. 27). Reserve 1 tablespoon and shape remainder into an oblong piece $\frac{1}{2}$ inch thick, and put on floured board or cloth. Work 1 tablespoon butter into flour with tips of fingers of right hand, 2 knives, or pastry mixer. Moisten to a dough with ice water, turn on slightly floured board, and knead 5 minutes. Cover with cloth and bowl, and let stand 5 minutes.

Pat, lift, and roll $\frac{1}{8}$ inch thick, keeping paste longer than wide, and corners square. Draw into shape with fingers if necessary. Place butter in center of one side of paste. Fold other side of paste over butter. Press edges firmly, to enclose as much air as possible.

Fold one end of paste over enclosed butter, other end underneath.

Turn paste $\frac{1}{4}$ way round, pat, lift, and roll $\frac{1}{8}$ inch thick, having paste longer than wide, lifting often to prevent paste from sticking and dredging board slightly with flour when necessary. Fold from ends towards center, making 3 layers. Repeat 4 times, turning paste $\frac{1}{4}$ way round each time before rolling. After fourth rolling, fold from ends to center, and double, making 4 layers. Chill. If paste is to be kept for several days, wrap in wax paper, and put in refrigerator, but not in direct contact with ice.

To Bake Puff Paste. Shape, chill thoroughly. Arrange on cooky sheet covered with 2 thicknesses of brown paper. Bake 5 minutes in very hot oven (500° F.), then reduce heat 50° every 5 minutes down to moderate (350° F). Turn frequently.



Measure Accurately, Chill Thoroughly and Handle Quickly

PATTY SHELLS

Roll Puff Paste $\frac{1}{4}$ inch thick. Cut out rounds with cutter dipped in hot water. Remove centers from half the rounds with smaller cutter to make rims. Moisten edges of plain rounds with cold water, put on rims, press edges together slightly and chill until paste is stiff. Bake (see above). Bake small rounds separately for covers. The shells should rise their full height and begin to brown in 12 to 15 minutes; finish baking in 25 minutes. Lay trimmings carefully on top of each other, pat, and roll out to use for small pastries.

VOL-AU-VENT

Roll Puff Paste $\frac{1}{3}$ inch thick, mark an oval on paste with cutter or mold, and cut out with sharp knife, first dipped in flour. Brush over near the edge with cold water, put on a rim $\frac{3}{4}$ inch wide, press lightly, prick several times, chill, and bake (p. 619). If desired, bake on outside of oval mold. During the first half-hour, cover, watch carefully, and turn frequently. Roll paste cut from center of rim $\frac{1}{4}$ inch thick, shape, chill, bake, and use for cover to the vol-au-vent.

BOUCHÉES

Make very small patty shells or use Choux Paste (p. 711).

QUICK PUFF PASTE

1 cup bread flour	Ice water
1 tablespoon lard	$\frac{1}{8}$ cup butter

Work lard into flour, first using knife, then tips of fingers. Moisten to a dough with ice water, pat, and roll out like Puff Paste. Dot paste with small pieces of butter, using $\frac{1}{3}$ the quantity. Dredge with flour, fold from ends toward center, then double, making 4 layers. Pat and roll out. Repeat until butter is used. Roll, shape, chill, and bake like Puff Paste (p. 619).

IRISH PUFF PASTE

1 cup bread flour	1 cup butter	Ice water
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Put flour in bowl and add butter, separated into small pieces. Moisten to a dough with water and toss on a slightly floured board or cloth. Pound, using rolling-pin, until butter is thoroughly incorporated throughout the mixture. If butter becomes so soft that the handling is difficult, chill. When thoroughly blended, pat, roll, shape, and bake like Puff Paste (p. 619).

CATALDI'S PUFF PASTE

1 pound pastry flour, sifted	1 egg yolk
2 tablespoons lemon juice	Ice water
$\frac{1}{2}$ teaspoon salt	1 pound washed butter

Put flour in bowl, make a depression in center, pour in lemon juice, and add egg yolk and salt; then add ice water to make a dough. Toss on floured cloth, knead, cover, and let stand 5 minutes. Pat, roll out, fold in washed butter, and bake like Puff Paste (p. 619).

PLAIN PASTRY I

1½ cups pastry flour
½ teaspoon salt

½ cup shortening
Ice water (about ¼ cup)

Mix salt with flour. Work in shortening with finger tips, two knives, or pastry mixer, until shortening is evenly mixed in bits no larger than peas. Stir with fork and moisten to dough with water. Pat gently into ball, wrap in waxed paper, and chill thoroughly. Cut off amount required, pat, and roll out on floured board.

To Roll Out. Put piece of pastry on floured board or pastry cloth. Pat with rolling-pin to flatten. Roll out with quick, light strokes (to ⅛ inch thickness); lifting and turning pastry is necessary to keep it even. If for pie, roll outwards from center and keep in circular form.

With care and experience, there need be no trimmings. Worked-over pastry is seldom satisfactory except for small pastries (p. 637).

To make a flakier crust, reserve 2 tablespoons shortening. When pastry has been rolled out, spread with 1 tablespoon reserved shortening, dredge with flour, roll up like a jelly roll, pat, and roll out; repeat.

Hot Water Pastry. Use boiling water. Add ½ teaspoon baking powder to flour. Chill.

Orange Pastry. Use orange juice in place of water. Add 1 teaspoon grated orange rind.

Cheese Pastry. Add 1 ounce sharp, old cheese. If grated, cut into pastry with butter. Or, put flour, shortening, and cheese through food chopper 3 times before adding liquid. Chill.

Nut Pastry. Grind pecan or walnut meats through fine cutter. Substitute ½ cup for ½ cup flour in recipe. Add a little extra salt.

PLAIN PASTRY II

1½ cups pastry flour	¼ cup butter
¼ cup lard or other shortening	½ teaspoon salt
Ice water (about ¾ cup)	

Wash butter (p. 27), pat, and form in circular pieces. Add salt to flour and work in lard with finger tips, case knife, or pastry mixer until lard is evenly mixed in bits the size of peas. Moisten to dough with ice water. Chill. Toss on board or cloth dredged sparingly with flour, pat, and roll out; fold in butter as for Puff Paste, pat, and roll out. Fold to make 3 layers, turn ¼ way round, pat, and roll out; repeat. Do not stretch pastry during process. Work rapidly. The pastry may be used at once; if not, fold in cheesecloth, or waxed paper, put in covered container, and keep in cold place, but never in direct contact with ice.

Catherine's Pastry. Add ⅓ teaspoon baking powder. Instead of folding in butter as for Puff Paste, dot over with ⅓ the butter, roll up like jelly roll, pat, and roll out; repeat twice. Chill.

CHOPPED PASTRY

2 cups pastry flour	⅔ cup butter
2 tablespoons lard	½ teaspoon salt
Ice water	

Wash butter (p. 27). Mix salt with flour, put in chopping tray, add lard and butter, and chop until well mixed. Moisten to a dough with ice water. Toss on floured cloth, pat, and roll out. Fold to make 3 layers, turn ¼ way round, pat, and roll out; repeat. Should the butter be too hard, it will not mix readily with the flour, in which case the result will be a less tender crust. Omit lard and use all butter, if preferred.

CREAM CHEESE PASTRY

½ cup butter	1 cup pastry flour
3 ounces cream cheese	2 tablespoons cream

Work butter and cream cheese into flour with finger tips, two knives, or pastry mixer. Add cream, drop by drop.

GERMAN SWEET PASTRY

2½ cups pastry flour

2 tablespoons sugar or less

1 egg

Water, vinegar or rum

⅔ cup butter

to moisten, about 2 tablespoons

Few grains of salt

Work quickly in a cool room. Have hands cool. Sift the flour in a mound on molding board. Break egg into center of flour. Cut butter in pieces over the surface. With spatula cut in butter and egg until well blended. Add salt, sugar and liquid sufficient to form dough. Knead for 5 minutes or until smooth. Cover with a bowl and allow to stand for 1 or 2 hours before rolling out. Bake in hot oven (400° F.).

CHAPTER 43

PIES

Two-crust Pies. Roll paste $\frac{1}{8}$ inch thick and a little larger than plate to allow for shrinking. Allow more paste for upper than under crust. Prick upper crust to allow steam to escape. Never grease pie plate; good pastry greases its own tin. Fit under crust into pie plate, put in filling, brush edge with cold water, and put on top crust. Press edges lightly together. For juicy fruit pies, bind with strip of cloth dipped in cold water. Squash, pumpkin, and custard pies are much less care during baking, if bound.



A One-crust Pie, a Fluted Rim in the Making and a Top Crust Ready to Put on Pie

One-crust Pies. Arrange under crust as for 2-crust pie. Brush edge with cold water. Cut strips of paste $\frac{3}{4}$ inch wide and put on rim, fulling slightly to allow for shrinkage. Put in filling. If desired, arrange strips of pastry across the top, lattice fashion.

One-crust Pies with Fluted Rim. Roll paste $\frac{1}{4}$ inch thick and 3 inches larger than plate in diameter. Fit into pie plate and trim so that it hangs over 1 to $1\frac{1}{2}$ inches all around. Double pastry edge, making it stand upright at right angles to plate. Press into fluted shape. Chill thoroughly. Put in filling. Bind with strip of cloth wrung out of cold water, having cloth stand upright against pastry rim.

Baked Pie Shells. I. Cover an inverted pie plate with paste, prick several times, and bake 12 minutes in hot oven (450° F.). Remove from tin and return to oven to brown inside. II. Line tin with crust as for pie with fluted rim. Set another tin inside to hold it in shape or cover pastry with wax paper and half-fill with rice. Bake and discard rice and paper.

To Glaze Pies. Dot over upper crust of pie with shortening just before baking. Or brush with ice water or milk.

To Bake Pies. Set pie in bottom of hot oven (450° F.) for 10 minutes. Then move to middle shelf, reduce heat to moderate (350° F.), and bake 40 to 60 minutes. If upper crust browns too quickly, cover with paper.

MERINGUES

(For Pies, Puddings, and Desserts)

Thoroughly chill eggs for meringues. Beat with egg beater, silver fork, wire spoon, or whisk. Meringues on pies, puddings, or desserts may be spread evenly, spread and piled in the center, put on lightly by spoonfuls, or spread evenly with part of the mixture, the remainder being forced through a pastry bag and tube.

Meringues to serve on individual desserts may be baked separately on cookie sheet covered with waxed paper and slipped on dessert with spatula. Or they may be baked in muffin rings set in hot water, or in muffin tins half full of hot water.

Meringue I

2 egg whites	$\frac{1}{2}$ tablespoon lemon juice <i>or</i>
2 tablespoons powdered sugar	$\frac{1}{4}$ teaspoon vanilla

Beat whites until stiff, beat in sugar gradually, and beat until well blended. Add flavoring, bake 15 minutes in slow oven (300° F.).

Meringue II (*Sweet Meringue*)

3 egg whites	$\frac{1}{2}$ teaspoon lemon extract <i>or</i>
$7\frac{1}{2}$ tablespoons powdered sugar	$\frac{1}{3}$ teaspoon vanilla

Beat whites until stiff, add 4 tablespoons sugar gradually, beat vigorously, and add flavoring. Fold in remaining sugar. Bake in slow oven (300° F.) 15 to 20 minutes.

APPLE PIE

6 to 8 sour apples	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ to $\frac{3}{4}$ cup sugar, white or brown	$\frac{1}{2}$ tablespoon butter
$\frac{1}{4}$ teaspoon grated nutmeg or cinnamon	2 teaspoons lemon juice
	Few gratings lemon rind

Line pie plate with pastry. Pare, core, and cut apples in eighths, put row around plate $\frac{1}{2}$ inch from edge, and work towards center until plate is covered; then pile on remainder. Mix sugar, nutmeg, salt, lemon juice, and grated rind, and sprinkle over apples. Dot over with butter. Wet edges of undercrust, cover with upper crust, and press edges together. Bake.* Evaporated apples, soaked overnight in cold water, may be used in place of fresh fruit.

Deep Apple Pie. Bake in deep baking dish, omitting bottom crust. Serve plain or with cream, whipped cream (plain or frozen), or ice cream.

Cardinal Apple Pie. Bake filling (with addition of 1 cup hot water) in small earthen dish, closely covered, in very slow oven (250° F.) for 3 hours. Cool and bake as above.

APRICOT PIE

2 cups apricots, mashed	Sugar to taste
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If dried apricots are used, soak 12 hours. Bake* with bottom crust and strips of pastry, lattice fashion over the top.

BANANA CREAM PIE

Fill baked pie shell with sliced bananas. Pour over cold Soft Custard (p. 529). Chill. Cover with whipped cream or sprinkle with coconut.

* Pastry, p. 621. To Bake Pies, p. 625. Meringues, p. 625

BANANA PIE

1 cup scalded milk	2 egg yolks, slightly beaten
$\frac{1}{3}$ cup sugar	$\frac{1}{4}$ cup thin cream or top milk
$2\frac{3}{4}$ tablespoons flour	$\frac{3}{4}$ tablespoon lemon juice
$\frac{1}{8}$ teaspoon salt	1 large banana

Mix sugar, flour, and salt, and add egg yolks. Pour on scalded milk gradually, while stirring constantly, and cook in double boiler 15 minutes, stirring constantly until mixture thickens, and afterwards occasionally. Cool and add cream, lemon juice, and banana, peeled, scraped, and cut in $\frac{1}{4}$ -inch slices. Chill thoroughly and turn into baked pie shell.* Cover with Meringue I (p. 625).

BLACKBERRY PIE

$2\frac{1}{2}$ cups berries, picked over and washed	Sugar $\frac{1}{8}$ teaspoon salt
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Cook berries until soft with enough water to prevent burning. Add sugar to taste and salt. Cool. Line pie plate with pastry,* put on rim, fill with berries. Arrange 6 strips pastry across top, cut same width as rim. Put on upper rim. Bake* 30 minutes.

BUTTERSCOTCH PIE

I. Fill baked pie shell with Butterscotch Filling (p. 673). Cover with Meringue* or garnish with whipped cream.

II. Make three 9-inch circles of Puff Paste, bake and put together with Butterscotch Filling.

BLUEBERRY PIE

$2\frac{1}{2}$ cups berries	$\frac{1}{2}$ cup sugar
Flour	$\frac{1}{8}$ teaspoon salt

Line a deep plate with Plain Paste, fill with berries slightly dredged with flour; sprinkle with sugar and salt, cover with pastry and bake* 45 to 50 minutes. One-third molasses and $\frac{2}{3}$ sugar may be used instead of all sugar. Six green grapes (seeds removed), cut in small pieces, much improve the flavor, particularly if huckleberries are used in place of blueberries.

* Pastry, p. 621. To Bake Pies, p. 625. Meringues, p. 625.

CHERRY PIE I

1 quart cherries (preferably sour)	Flour for dredging
4 tablespoons sugar	

Stone cherries. Line pie plate with paste. Fill with cherries. Sprinkle with sugar. Dredge lightly with flour. Put on top crust and bake.*

CHERRY PIE II

2 cups canned cherries, stoned	1 tablespoon quick-cooking tapioca
½ cup cherry juice	Few grains salt
2 tablespoons sugar	

Line pie plate with paste. Put in cherries. Mix juice, sugar, tapioca, and salt and pour over cherries. Put on top crust. Bake.*

CHOCOLATE CREAM PIE

3 squares chocolate	½ teaspoon salt
2½ cups cold milk	4 egg yolks, slightly beaten
4 tablespoons flour	2 tablespoons butter
1 cup sugar	2 teaspoons vanilla

Scald milk with chocolate. Beat until mixture is smooth. Combine flour, sugar, and salt. Add to egg yolks. Pour small amount of chocolate mixture over egg mixture, stirring vigorously. Return to double boiler and cook until thickened, stirring constantly. Add butter and vanilla. Cool. Pour into baked pie shell* and cover with Meringue II* or whipped cream.

GERMAN CHEESE PIE OR CHEESE CAKE

German Sweet Pastry (p. 623)	2 eggs
1½ pounds dry or pressed cottage cheese	2 tablespoons cornstarch
½ pint sour cream	1 teaspoon vanilla
¾ cup sugar	Cinnamon and sugar

Roll out pastry and line pie plate. Mix other ingredients, put through ricer or coarse strainer 3 times. Fill pie and dust top lightly with cinnamon and sugar. Bake* in moderate oven (350° F.) about 50 minutes or until firm. Serve cold.

* Pastry, p. 621. To Bake Pies, p. 625. Meringues, p. 625.

COFFEE CHIFFON PIE

1 tablespoon granulated gelatine	$\frac{3}{4}$ cup sugar
$\frac{3}{4}$ cup cold strong coffee	$\frac{1}{2}$ teaspoon salt
4 eggs	$\frac{1}{2}$ cup hot strong coffee
1 tablespoon lemon juice	

Soak gelatine in cold coffee 5 minutes. Beat egg yolks slightly. Add $\frac{1}{2}$ cup sugar, salt, and hot coffee and cook over boiling water until custard-like. Add gelatine and lemon juice. Cool slightly. Beat whites until stiff with remaining sugar. Fold into custard. Fill baked pie shell * and chill. Serve spread with a thin layer of whipped cream.

CRANBERRY PIE

$1\frac{1}{2}$ cups cranberries	$\frac{1}{2}$ cup water
$\frac{3}{4}$ cup sugar	$1\frac{1}{2}$ tablespoons flour

Mix ingredients and cook 10 minutes. Cool. Bake* in one crust, with a rim, and strips across top.

Cranberry and Raisin Pie. Add $\frac{1}{2}$ cup seeded raisins to mixture.

BOSTON CREAM PIE (p. 657)**CREAM PIE**

Fill baked pie shell with Cream Filling (p. 672) *or* bake two or three 9-inch circles of pastry * and put together with filling; sprinkle top with powdered sugar.

Frangipan Cream Pie. Use Frangipan Cream (p. 673).

Coconut Cream Pie. Cover with Meringue I.* Sprinkle with grated coconut. Bake in slow oven (300° F.) until delicately brown.

Devonshire Cream Pie. Cut out three 9-inch pastry circles. Cut center from one, leaving $1\frac{1}{2}$ -inch ring. Bake. Put Cream Filling (p. 672) between pieces. Place ring on top, fill with fresh strawberries or other fruit sweetened to taste. Garnish, if desired, with whipped cream.

Graham Cracker or Rusk Cream Pie. Mix lightly, $1\frac{1}{2}$ cups cracker or rusk crumbs (rolled fine) with $\frac{1}{2}$ cup granulated sugar

* Pastry, p. 621. To Bake Pies, p. 625. Meringues, p. 625.

and $\frac{1}{8}$ cup melted butter. Line pie plate, reserving $\frac{1}{4}$ cup crumbs, fill with Cream Filling, cover with Meringue I,* sprinkle with reserved crumbs, and bake $\frac{1}{2}$ hour.

CURRENT PIE

1 cup currants	$\frac{1}{4}$ cup flour
1 cup sugar	2 egg yolks, slightly beaten
2 tablespoons water	

Mix flour and sugar, add egg yolks mixed with water. Wash currants, drain, remove stems, and then measure; add to first mixture and bake in one crust; cool, cover with Meringue I,* and bake.*

CUSTARD PIE

4 eggs, slightly beaten	$\frac{1}{4}$ teaspoon salt
6 tablespoons sugar	3 cups milk
Few gratings nutmeg	

Add sugar, salt, and milk to eggs. Line plate with Plain Pastry* and build up a fluted rim.* Strain in the mixture and sprinkle with few gratings nutmeg. Bake 10 minutes in hot oven (450° F.), then reduce heat to moderate (350° F.), and bake until firm when tested with silver knife.

Caramel Custard Pie. Caramelize sugar and add it to scalded milk before pouring on eggs.

Chocolate Custard Pie. Scald milk with 2 squares chocolate. Beat with whisk until smooth.

Coconut Custard Pie. Add $\frac{1}{2}$ cup grated coconut to custard mixture. Sprinkle top with grated coconut or, when baked, spread with Meringue I,* sprinkle with coconut and bake until delicately brown.

DATE PIE

2 cups dates, pitted	1 cup cold water	2 tablespoons orange juice
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Cook dates and water to a thick paste. Add orange juice and cool. Fill baked pie shell* and cover with whipped cream.

* Pastry, p. 621. To Bake Pies, p. 625. Meringues, p. 625.

DATE CUSTARD PIE

2 cups milk	2 eggs
$\frac{1}{2}$ pound dates	$\frac{1}{4}$ teaspoon salt
Few gratings nutmeg	

Cook dates and milk 20 minutes in double boiler. Strain, rub through sieve, and add eggs and salt. Finish like Custard Pie.

FRESH FRUIT PIE

Fresh fruit, cut in pieces	$\frac{1}{4}$ cup cracker crumbs <i>or</i>
$\frac{1}{2}$ cup sugar	2 tablespoons quick-cook-
$\frac{1}{8}$ teaspoon salt	ing tapioca <i>or</i> 2 table-
Milk	spoons flour

Line pie plate with pastry, fill with fruit, and cover with sugar mixed with cracker crumbs, tapioca, or flour, and add salt. Put on top crust and bake.* Reduce heat as necessary to keep mixture from boiling over.

LEMON MERINGUE PIE

$1\frac{1}{2}$ cups sugar	4 egg yolks
$1\frac{1}{2}$ cups boiling water	Grated rind 2 lemons
4 tablespoons cornstarch	$\frac{1}{2}$ cup lemon juice
4 tablespoons flour	2 teaspoons butter

Mix cornstarch, flour, and sugar, and add boiling water, stirring constantly. Stir until mixture boils and cooks 20 minutes in double boiler. Add butter and egg yolks. Cook 2 minutes and add rind and juice of lemon. Fill baked pie shell,* spread with Meringue I,* and bake until delicately brown. For firmer filling, use 5 tablespoons flour and 5 tablespoons cornstarch.

LEMON SPONGE PIE

4 eggs	$1\frac{1}{2}$ lemons, grated rind and juice
1 cup sugar	$\frac{1}{8}$ teaspoon salt

Beat egg yolks, sugar, and salt until light. Add lemon rind and juice. Stir and cook over hot water until thick. Fold in egg whites, beaten stiff. Pour into baked pie shell* and brown lightly in oven.

* Pastry, p. 621. To Bake Pies, p. 625. Meringues, p. 625.

MINCE PIE

Bake mince pies with 2 crusts. For Thanksgiving and Christmas pies, Puff Paste is often used for rims and upper crusts, but is never satisfactory when used for under crusts.

MINCEMEAT

4 pounds lean beef	3 pounds currants
2 pounds beef suet	$\frac{1}{2}$ pound finely cut citron
Baldwin apples	1 quart grape juice <i>or</i> cooking brandy
3 quinces	1 tablespoon cinnamon and mace
3 pounds sugar	1 tablespoon powdered clove
2 cups molasses	2 grated nutmegs
2 quarts cider	1 teaspoon pepper
4 pounds raisins, seeded and cut in pieces	Salt to taste

Cover meat and suet with boiling water and cook until tender. Cool in water in which they are cooked; the suet will rise to top, forming a cake of fat, which may be easily removed. Chop meat fine and add it to twice the amount of finely chopped apples. The apples should be quartered, cored, and pared previous to chopping, or skins may be left on, which is not an objection if apples are finely chopped. Add quinces finely chopped, sugar, molasses, cider, raisins, currants, and citron; also suet, and stock in which meat and suet were cooked reduced to $1\frac{1}{2}$ cups. Heat gradually, stir occasionally, and cook slowly 2 hours; then add grape juice or brandy and spices.

QUICK MINCEMEAT

1 cup chopped apple	1 teaspoon cinnamon
$\frac{1}{2}$ cup seeded raisins, chopped	$\frac{1}{2}$ teaspoon powdered cloves
$\frac{1}{2}$ cup currants	$\frac{1}{2}$ nutmeg, grated
$\frac{1}{4}$ cup butter	$\frac{1}{8}$ teaspoon mace
1 tablespoon molasses	1 teaspoon salt
1 tablespoon boiled cider	Stock to moisten
1 cup sugar	1 cup chopped, cooked meat
2 tablespoons fruit jelly	

Mix ingredients, except meat and jelly, and simmer 1 hour. Add meat and jelly. Cook 15 minutes.

MOCK MINCEMEAT

4 tablespoons cracker crumbs	1 cup raisins, seeded and chopped
1½ cups sugar	½ cup butter
1 cup molasses	2 eggs, well beaten
½ cup lemon juice or vinegar	Spices

Mix ingredients in order given, adding spices to taste. This quantity will make 2 pies.

GREEN TOMATO MINCEMEAT

3 pints chopped apples	1 teaspoon clove
3 pints chopped, green tomatoes	¾ teaspoon allspice
4 cups brown sugar	¾ teaspoon mace
1⅓ cups vinegar	¾ teaspoon pepper
3 cups raisins	2 teaspoons salt
3 teaspoons cinnamon	¾ cup butter

Mix apples with tomatoes and drain. Add remaining ingredients, except butter, bring gradually to boiling point, and simmer 3 hours, then add butter. Turn into glass jars as soon as made.

ORANGE PIE

1 cup orange juice	3 egg yolks
Juice 1 lemon	½ cup sugar
3 tablespoons flour	

Beat yolks, add sugar and flour. Add juice, stir, and cook over hot water until thick. Fill baked pie shell,* cover with Meringue II* and bake.

PECAN PIE

½ cup butter	1 cup light corn sirup
½ cup brown sugar	½ cup milk
3 eggs	½ teaspoon vanilla
¼ teaspoon salt	1 cup finely chopped pecans

Cream butter and sugar. Add other ingredients. Mix well. Line pie plate with plain pastry,* pour in filling, and bake 40 minutes in moderate oven (350° F.). Chill. Cover with thin layer of whipped cream and garnish with pecan halves.

* Pastry, p. 621. To Bake Pies, p. 625. Meringues, p. 625.

PEACH PIE I

Cover peaches with boiling water, let stand 1 minute and remove skins. Cut in eighths, cook until soft with enough water to prevent burning; sweeten to taste and cool, or use canned peaches. Fill baked pie shell.* Cover with whipped cream.

DEEP DISH PEACH PIE

Arrange whole peaches (peeled) in deep baking dish. Sprinkle with sugar. Cover with Plain Pastry,* prick with fork and bake.*

PEACH CRUMBLE PIE

Peaches	1 cup flour
1 cup brown sugar	3 tablespoons butter

Cut peaches, fill glass pie plate. Cream butter, add flour and sugar, and spread over peaches. Bake in moderate oven (350° F.) 45 minutes. Serve in baking dish.

PINEAPPLE PIE

2 cups hot, crushed pineapple	$\frac{1}{2}$ cup sugar (2 tablespoons with canned pineapple)
$\frac{1}{8}$ cup cornstarch	1 tablespoon butter
$\frac{1}{4}$ teaspoon salt	1 tablespoon lemon juice
1 tablespoon grated lemon rind	

Mix cornstarch, salt, and sugar. Add to pineapple. Cook in double boiler 20 minutes, stirring constantly until thickened. Cool, fill baked pie shell,* cover with Meringue II* and bake until delicately brown.

PRUNE PIE

$\frac{1}{2}$ pound prunes	1 tablespoon lemon juice
$\frac{1}{2}$ cup sugar (scant)	$1\frac{1}{2}$ teaspoons butter
1 tablespoon flour	

Wash prunes and soak in enough hot water to cover. Cook in same water until soft. Remove stones, cut prunes in quarters, and mix with sugar and lemon juice. Reduce juice to $1\frac{1}{2}$ tablespoons.

* Pastry, p. 621. To Bake Pies, p. 625. Meringues, p. 625.

Line plate with pastry, cover with prunes, pour over liquor, dot over with butter, and dredge with flour. Put on an upper crust and bake.*

PUMPKIN PIE

1 $\frac{1}{4}$ cups cooked and strained pumpkin	1 teaspoon ginger
$\frac{1}{2}$ cup sugar	1 teaspoon cinnamon
2 tablespoons butter	$\frac{1}{2}$ teaspoon salt
2 tablespoons molasses	2 eggs
1 $\frac{1}{4}$ cups scalded milk	

Add sugar, butter, molasses, ginger, cinnamon, and salt to pumpkin. Add egg yolks slightly beaten. Add milk and mix thoroughly. Fold in egg whites beaten until stiff. Bake * in one crust.

RICH PUMPKIN PIE

1 $\frac{1}{2}$ cups steamed and strained pumpkin	$\frac{1}{2}$ teaspoon ginger
$\frac{2}{3}$ cup brown sugar	$\frac{1}{2}$ teaspoon salt
1 teaspoon cinnamon	2 eggs
	1 $\frac{1}{2}$ cups milk
$\frac{1}{2}$ cup cream	

Mix ingredients in order given and bake * in one crust.

RAISIN PIE

$\frac{3}{4}$ cup seeded raisins, washed	1 egg, well beaten
2 $\frac{1}{4}$ cups water	3 tablespoons lemon juice
1 $\frac{1}{2}$ cups sugar	3 teaspoons grated lemon rind
4 $\frac{1}{2}$ tablespoons flour	$\frac{1}{8}$ teaspoon salt

Soak raisins in water 2 hours. Mix sugar and flour, add to egg. Add seasonings, raisins, and liquid. Cook over hot water 15 minutes or until thickened, stirring occasionally. Cool. Line pie plate with Plain Pastry, fill with mixture, and arrange strips across top, lattice fashion. Bake.*

RHUBARB PIE

1 $\frac{1}{2}$ cups rhubarb	1 egg
$\frac{1}{8}$ cup sugar	2 tablespoons flour

Cut stalks of rhubarb in half-inch pieces before measuring. Mix sugar, flour, and egg; add to rhubarb and bake * between crusts.

* Pastry, p. 621. To Bake Pies, p. 625. Meringues, p. 625.

Many prefer to scald rhubarb before using; if so prepared, it loses some of its acidity and less sugar is required.

Rhubarb and Raisin Pie. Before putting on top crust, sprinkle with $\frac{1}{2}$ cup seeded raisins, cut in halves.

SQUASH PIE

2½ cups steamed and strained squash	½ teaspoon cinnamon, ginger, nutmeg, or
½ cup sugar	½ teaspoon lemon extract
1 teaspoon salt	1 egg, slightly beaten
1¾ cups milk	

Mix sugar, salt, and spice or extract, add squash, egg, and milk gradually. Bake in one crust.* Garnish, if desired, with whipped cream to which has been added finely chopped preserved ginger.

RICH SQUASH PIE

1 cup squash, steamed and strained	4 tablespoons brandy, if desired
1 cup heavy cream	Cinnamon } 1 teaspoon each
1 cup sugar	Nutmeg } 1 teaspoon each
3 eggs, slightly beaten	Ginger } ¾ teaspoon each
	Salt } ¾ teaspoon each
¼ teaspoon mace	

Line a deep pie plate with Plain or Puff Paste. Brush over paste with egg white, slightly beaten, and sprinkle with stale bread crumbs. Fill and bake.* Serve warm.

* Pastry, p. 621. To Bake Pies, p. 625. Meringues, p. 625.

CHAPTER 44

SMALL PASTRIES

To Cut Out. Roll out Puff (p. 618) or Plain Pastry (p. 621) $\frac{1}{8}$ inch thick. Cut in squares, oblongs, or rounds or in any fancy shapes with cooky cutters. A pastry jagger makes a fancy edge. Bake in hot oven (450° F.) until delicately browned. Decorate with bit of jelly or frosting, etc., or as suggested below. Use scraps of pastry for Cocktail Pastries or Galettes, or twist into shapes, brush with egg white, sprinkle lightly with sugar, and shape as desired.

To Glaze. Two minutes before removing from oven, brush over with (1) milk, (2) milk sparingly sprinkled with sugar, (3) well-beaten egg yolk diluted with 1 tablespoon milk, slightly beaten egg white, or (4) fruit sirup.

SIMPLE PASTRIES

Cocktail Pastries. Before baking, sprinkle with grated cheese and paprika (press lightly into pastry), or spread lightly with anchovy paste or other spread.

Coconut Tea Cakes. Bake until nearly done. Cool slightly, brush with beaten egg white, sprinkle with shredded coconut, and finish baking.

Galettes. Brush with egg white, sprinkle with cinnamon and sugar. Bake.

Lemon or Orange Sticks. Bake oblongs. Put together with Lemon or Orange Filling (pp. 672, 673).

Nut Pastry Sticks. Bake strips 5 by 1 inch. Cool slightly, brush over with egg white slightly beaten and diluted with 1 teaspoon cold water. Sprinkle generously with chopped pecan nut meats, return to oven, and bake 2 minutes.

Orange Pastries. Roll Puff Paste (p. 618) $\frac{1}{4}$ inch thick, cut out, and bake. Split, fill with orange marmalade, cover tops with Orange Frosting (p. 681), and sprinkle around edge a border of chopped, candied orange peel.

Pineapple Circles. Bake rounds, size of pineapple slices. Put together with Cream Filling (p. 672). Place a slice of canned pineapple on each and garnish with halves of candied cherries. Pineapple may be cooked in its own sirup until soft.

TARTLETS

Roll Puff Paste (p. 618), Plain Pastry (p. 621), Cheese or Orange Pastry $\frac{1}{4}$ inch thick. Cut out. Glaze (p. 637), if desired. Bake in hot oven (450° F.). Cool. Fill with jam, jelly, marmalade, or Cream Filling (p. 672), etc.

To Shape.

1. Cut out rounds. From half of them remove centers with small biscuit cutter or fancy cookie cutter. Brush plain rounds with cold water, press other rounds on top.

2. Cut out $2\frac{1}{2}$ -inch squares. Wet corners, fold toward center, and press lightly. When baked, press down centers.

3. Stars. Cut in 3-inch squares. Make a $1\frac{1}{2}$ -inch cut from each corner toward center and fold alternate corners to center to form star shapes. Bake. Cool, press down centers, and fill with any jelly, jam, or Cream Filling (p. 672). Brush points with egg white and sprinkle with chopped nuts.

TART SHELLS

I. Cut Puff Paste, Plain Pastry or German Sweet Pastry in rounds of size to cover inverted patty pans. Cover outside of pans, prick several times, and bake in hot oven (450° F.).

II. Line patty pans with pastry, prick, line with waxed paper and half fill with rice or barley to keep pastry in shape. Bake. Remove from tins and discard paper and rice.

ALMOND TARTS

$1\frac{1}{4}$ cups Jordan almonds, blanched and finely chopped	3 eggs, slightly beaten
2 tablespoons rolled and sifted cracker crumbs	$\frac{1}{3}$ cup sugar
	$\frac{1}{3}$ teaspoon salt
	2 cups milk
$\frac{1}{2}$ teaspoon vanilla	

Mix and fill patty pans lined with Puff Paste (p. 618), or Plain Pastry (p. 621). Bake.

CHEESE CAKES

1 cup sweet milk	Juice and grated rind 1 lemon
1 cup sour milk	$\frac{1}{4}$ cup almonds, blanched and
1 cup sugar	chopped
4 egg yolks, slightly beaten	$\frac{1}{4}$ teaspoon salt

Scald sweet and sour milk, strain through cheesecloth. To curd add sugar, egg yolks, lemon, and salt. Line patty pans with pastry, fill with mixture, and sprinkle with chopped almonds. Bake in hot oven (450° F.) for 10 minutes, then reduce to moderate (350° F.).

CHERRY TARTS

2 tablespoons sugar	$\frac{3}{4}$ cup canned cherry juice
1 tablespoon cornstarch	Canned cherries, drained
Whipped cream	Chopped pecan nut meats

Mix sugar and cornstarch, add cherry juice and cook until thick, stirring constantly. Cook 20 minutes longer over hot water.

Cool slightly. Fill shells with cherries, pour over mixture, and chill. Top with whipped cream and sprinkle with nut meats.

COCONUT CREAM TARTS

$\frac{1}{2}$ cup moist coconut	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ cup milk	1 tablespoon flour
$\frac{1}{2}$ tablespoon cornstarch	$\frac{1}{8}$ teaspoon salt
1 tablespoon cold water	1 tablespoon butter
1 egg	$\frac{1}{2}$ teaspoon vanilla

Soak coconut 1 hour in $\frac{1}{4}$ cup milk, heat in double boiler, and add gradually cornstarch diluted with water, while stirring constantly. Cook until mixture thickens, stirring constantly. Add egg yolk mixed with sugar, flour, salt, and remaining milk. Cook 15 minutes, stirring constantly until mixture thickens, afterwards occasionally. Add butter and vanilla. Fold in egg white beaten stiff. Fill baked Tart Shells.

DEVONSHIRE CREAM TART

$\frac{1}{4}$ pound cream cheese	2 cups sliced strawberries
$\frac{1}{3}$ cup heavy cream	$\frac{1}{2}$ cup sugar

Beat cheese and cream together until stiff and smooth. Line baked Tart Shells (p. 638) with mixture. Mix berries and sugar and fill. If desired, put fluting of cheese mixture around edge, using pastry bag and rose tube.

LEMON TARTS

Fill baked Tart Shells with Lemon Meringue Pie (p. 631) mixture. Cover with Meringue II (p. 626) and bake until delicately brown.

PEACH PRALINE

Put 2 tablespoons Praline Cream (p. 672) in each baked Tart Shell. On cream, place canned peach half, poached in its sirup, cover with Meringue II (p. 626), and bake until delicately brown.

PEACH OR APRICOT TART

Place fruit in baked Tart Shell, cut side up. Put blanched Jordan almond in cavity. Garnish with whipped cream.

PECAN TARTS I OR VENETIAN BOATS

$\frac{1}{4}$ cup butter	$\frac{1}{4}$ teaspoon soda
$\frac{1}{4}$ cup brown sugar	$\frac{1}{4}$ teaspoon clove
2 egg yolks, beaten until thick	$\frac{1}{8}$ teaspoon grated nutmeg
$\frac{1}{4}$ cup molasses	Few grains cayenne
$\frac{1}{4}$ cup milk	Few gratings lemon rind
$1\frac{1}{8}$ cups flour	$\frac{1}{2}$ cup chopped pecan nut meats

Cream butter, add sugar gradually, egg yolks, molasses, milk, and flour mixed with soda and seasonings. Line small round or boat-shaped tins with Puff Paste (p. 618). Half fill with mixture, sprinkle with nut meats, and bake.

PECAN TARTS II

Fill Tart Shells with Pecan Pie filling (p. 633).

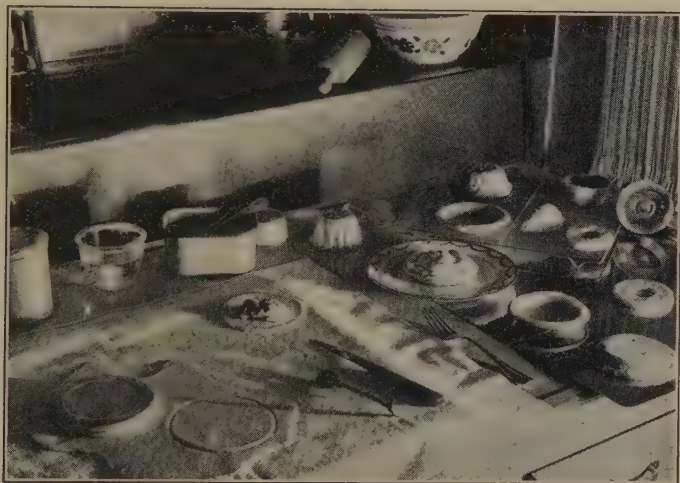
PINEAPPLE TARTS

$\frac{3}{4}$ cup sugar	1 cup crushed pineapple
2 tablespoons flour	2 egg yolks, slightly beaten
$\frac{1}{2}$ cup water	$\frac{1}{4}$ teaspoon salt

Mix sugar and flour. Pour on water gradually, while stirring constantly. Boil 5 minutes. Add pineapple, egg yolks, and salt. Fill baked Tart Shells (p. 638). Cover with Meringue I (p. 625) and bake until delicately brown.

TURNOVERS OR RISSOLES

Cut Plain Pastry (p. 621) in 4-inch squares or rounds. Lay 1 tablespoon filling on half, wet edges with cold water, fold over, and press edges together lightly. Prick. Bake 15 minutes in hot oven (450° F.). For filling, use any pie filling, jam, jelly, preserved or cooked fruit, sliced apple, applesauce, or mincemeat, etc. With a meat or cheese filling, turnovers may be served as a luncheon dish or entrée.



A Rissolle or Turnover Filled with Well-seasoned Meat or Fish Is an Excellent Luncheon Dish. Plain Pastry May Be Used for a Variety of Tarts and Individual Pies

Chicken and Ham Filling

½ cup chopped, cooked chicken
¼ cup chopped, cooked ham

Croquette Sauce (p. 397)
Salt and cayenne

Mix chicken and ham. Moisten with sauce. Season to taste.

Lamb Filling

3 tablespoons butter
Few drops onion juice
¼ cup flour

1 cup lamb stock
Salt, paprika, and curry powder
¾ cup cold, cooked lamb, cubed

Cook butter with onion juice until well browned. Add flour, continue browning, add stock, and season. Bring to boiling point. Add lamb to half the sauce. Serve remaining sauce with Rissoles.

PASTRY BOATS

Roll Puff (p. 618) or Plain Pastry (p. 621) $\frac{1}{8}$ inch thick, line individual boat-shaped tins, prick, line with wax paper, and half fill with rice or barley, to keep pastry in desired shape. Bake. Remove from tins, discard paper and rice, and fill and garnish as desired.

Malaga Boats. Put in layer of marmalade. Boil $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ cup water 5 minutes. Cook Malaga grapes in sirup 5 minutes and arrange 3 or 4 in each boat.

CIGARETTES À LA PRINCE HENRY

Roll Puff Paste (p. 618) very thin and spread with Chicken Force meat (p. 139). Roll like jelly roll and cut in pieces 4 inches long and a little larger than a cigarette. Brush over with egg, crumb, fry, and drain (see p. 397).

ZIGARAS À LA RUSSE

Puff Paste (p. 618)	1 tablespoon heavy cream
2 tablespoons butter	1 egg yolk
4 tablespoons flour	$\frac{1}{3}$ cup grated cheese
$\frac{1}{2}$ cup milk	Salt and cayenne

Melt butter, add flour, and pour milk on gradually. Add cream, egg yolk, and cheese. Season highly. Cool. Make like Cigarettes à la Prince Henry.

BANBURY TARTS

1 cup seeded raisins, chopped	1 egg, slightly beaten
1 cup sugar	1 tablespoon cracker crumbs
Juice and grated rind 1 lemon	

Mix raisins, sugar, egg, crumbs, lemon juice, and rind. Roll pastry $\frac{1}{8}$ inch thick, and cut pieces $3\frac{1}{2}$ inches long by 3 inches wide. Put 2 teaspoons of mixture on each piece. Moisten edge halfway round with cold water, fold over, press edges together with 3-tined fork first dipped in flour. Bake 20 minutes in moderate oven (350° F.).

With Cheese. Place a thin square of cheese on filling before folding. Start baking in hot oven (450° F.), reducing heat after 5 minutes to moderate (350° F.).

AMSTERDAM PASTRY NOVELTIES

Roll Puff Paste and cut in pieces 6 by 2 inches. Sprinkle ends with sugar mixed with cinnamon (using 3 parts sugar to 1 part cinnamon) and roll ends toward center twice. Prick unrolled part with fork, place on cooky sheet, and bake in hot oven (450° F.). Spread unrolled sections with currant jelly which has been beaten with fork until of right consistency to spread evenly. Over jelly arrange 1-inch sections of canned peaches. If peaches are not soft, cook in their own sirup with a small quantity of sugar.

CONDÉS

2 egg whites	$\frac{2}{3}$ cup almonds, blanched and
$\frac{3}{4}$ cup powdered sugar	finely chopped

Beat egg whites until stiff, add sugar gradually, then almonds. Cut Puff Paste (p. 618) in strips $3\frac{1}{2}$ inches long by $1\frac{1}{2}$ inches wide. Spread with mixture; avoid having it come close to edge. Dust with powdered sugar and bake 15 minutes in moderate oven (350° F.).

CREAM HORNS

Roll Puff Paste (p. 618) in long rectangular piece, $\frac{1}{8}$ inch thick. Cut in strips $\frac{3}{4}$ inch wide. Roll paste over forms bought for the purpose, having edges overlap. Bake in hot oven (450° F.) until well puffed and slightly browned. Brush over with egg white slightly beaten and diluted with 1 teaspoon water, then sprinkle with sugar. Finish baking in moderate oven (350° F.) and remove from forms. Cool, fill with Cream Filling (p. 672) or whipped cream.

FLORENTINE MERINGUE

Roll Puff (p. 618) or Plain Pastry (p. 621) $\frac{1}{8}$ inch thick; cut a piece 10 inches long by 7 inches wide; place on cooky sheet, wet edges, and put on a half-inch rim. Prick with fork 6 times and

bake. Cool and spread with jam, cover with Meringue II (p. 626) and almonds blanched and shredded; sprinkle with powdered sugar and bake until delicately brown.

MARGUERITE SQUARES

1½ cups sugar	2 egg whites
½ cup water	¼ cup shredded coconut
12 marshmallows, cut in eighths	⅓ cup seeded raisins
¼ teaspoon vanilla	

Boil sugar and water until it threads, add marshmallows, pour gradually on egg whites beaten stiff, while beating constantly. When thoroughly blended, add coconut, raisins, and vanilla. Bake 2-inch squares of Puff Paste (p. 618) until delicately brown. Spread nearly to edge with mixture and finish baking.

NAPOLEONS

Bake 3 sheets of pastry, pricking before baking. Put between the sheets Cream Filling (p. 672), spread top with Confectioners' Frosting (p. 678), sprinkle with pistachio nuts blanched and chopped, crease in pieces about 2½ by 4 inches, and cut with sharp knife.

NUT PASTRY ROLLS

Cut paste in pieces 5 by 3 inches. Spread with jelly which has been beaten with a fork until of right consistency to spread, sprinkle with chopped pecan nut meats, and roll each piece separately like a jelly roll. Place on cooky sheet, having edges of rolls on bottom, to keep them from unrolling. Bake. If desired, make one large roll, press firmly, and cut off slices.

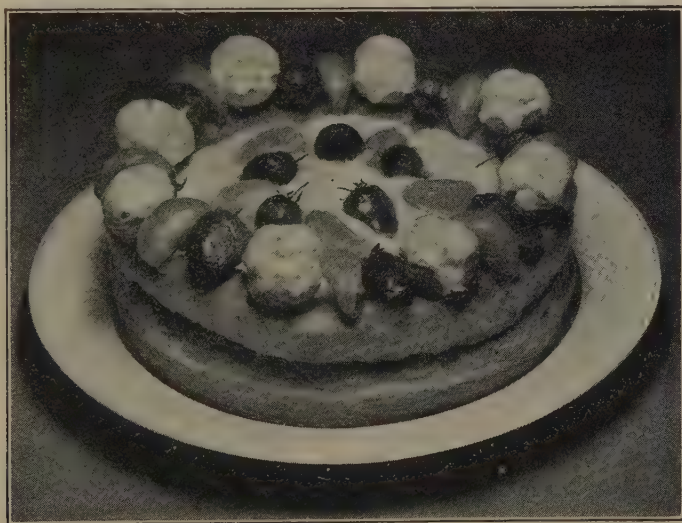
PALM LEAVES

Sprinkle cloth or board with powdered sugar. Roll Puff Paste (p. 618) ¼ inch thick, turn over, and roll ⅛ inch thick into strip 12 to 15 inches long. Fold each end twice towards the center, making 3 layers, then double, making 6 layers. From the end, cut off pieces ½ inch wide, lay on baking sheet, cut side down, and

spread ends slightly. Arrange 1 inch apart. Bake 8 minutes in hot oven (450° F.). When half baked, turn with spatula to bake other side.

SWEDISH TEA CIRCLES

Roll Paste $\frac{1}{3}$ inch thick, spread generously with chopped, blanched Jordan almonds, mixed with sugar, using half as much sugar as nut meats. Pat and roll $\frac{1}{8}$ inch thick and shape with a small, round cutter dipped in flour. Bake 8 minutes in hot oven (450° F.).



GÂTEAU

Puff Paste (p. 618)
Choux Paste (p. 711)
Glacé fruits (p. 729).

Jam or marmalade
White Mountain Cream
Filling (p. 672)

Cut out a circle of Puff Paste 9 inches in diameter and prick several times. Put a border of Choux Paste around edge, using pastry bag and plain tube. Shape remaining Choux Paste in tiny balls. Bake in hot oven (450° F.), reducing heat when gâteau is well risen. Cool and spread center of gâteau with jam or marmalade. Cover with filling and decorate with glacéed fruit and tiny cream puffs, filled and frosted.

DANISH PASTRY

$\frac{1}{4}$ cup sugar	1 egg, well beaten
4 tablespoons butter	$\frac{1}{4}$ teaspoon vanilla
1 teaspoon salt	$\frac{1}{4}$ teaspoon mace
1 cup scalded milk	Flour
1 to 2 yeast cakes, <i>dissolved in</i>	$\frac{1}{8}$ cup butter, washed
3 tablespoons warm water	

Put sugar, 4 tablespoons butter, salt, and milk in bowl. When lukewarm, add dissolved yeast cakes, egg, flavorings, and $1\frac{1}{2}$ cups flour. Beat well, add 1 cup flour, stir with knife until well mixed, add sufficient flour to knead, keeping dough as soft as possible. Let rise until double in bulk, roll out $\frac{1}{4}$ inch thick. Divide washed butter in small bits, place half in center of strip of dough. Fold over 1 end of dough to cover butter, place remaining butter on top, and fold over other end of dough, pressing edges firmly together. Turn $\frac{1}{4}$ way round, pat with rolling pin and roll as thin as possible, lifting it frequently to keep from sticking. Fold each end to center, pat, fold to make 4 layers, turn $\frac{1}{4}$ way round and pat, lift, roll, and fold 3 times. Cover and let rise 20 minutes. Roll, shape as desired, let rise half an hour but not until double in bulk. Bake on brown paper on baking sheet in moderately hot oven (375° F.) for 20 to 25 minutes, according to size. Decorate as desired.

PIN WHEELS

Roll Danish Pastry $\frac{1}{2}$ inch thick, cut in 4-inch squares, and make cut from each corner almost to center. Fold each alternate point to center, pressing down firmly. Place on brown paper on cooky sheet, put jam in center, brush with beaten egg, sprinkle with nut meats, let rise, bake, and brush with Confectioners' Frosting (p. 678).

HORNS

Cut Danish Pastry in triangles 5 inches long and 3 inches wide at base. Put on a little jam or Cream Filling (p. 672). Press long edges firmly together, shape like horns, brush with egg, let rise, and bake. Brush with Confectioners' Frosting (p. 678) and sprinkle with nut meats cut in pieces.

CHAPTER 45

LOAF AND LAYER CAKES

INGREDIENTS FOR CAKE

Use fine sugar, fresh eggs, and good shortening, either butter or one of the many excellent cooking fats. Use cake or pastry flour. Cake and pastry flours are made of soft wheat and are used wherever delicate texture is required. If bread flour is used, reduce amount by two tablespoons for each cup of flour required in recipe.

To Mix Sponge Cakes. 1. Measure all ingredients. Sift sugar through fine sifter one to four times before measuring. Sift flour once before measuring.

2. Beat egg whites until stiff but not dry and beat in gradually 1 tablespoon sugar for each egg white (out of sugar called for in recipe) and set aside.

3. Beat egg yolks with same beater until thick and lemon-colored. Beat in remaining sugar.

4. Combine yolks and whites.

5. Mix and sift remaining dry ingredients and cut and fold into egg mixture. Do not beat after adding flour, to avoid breaking air bubbles.

To Mix Butter Cakes. 1. Measure all ingredients. Sift flour before measuring. Out of sugar called for in recipe, reserve 1 tablespoon for each egg white used.

2. Cream butter by working with wooden spoon until soft and creamy. Add remaining sugar gradually, beating until light.

3. If eggs are to be added whole, beat thoroughly and add reserved sugar. If eggs are to be separated, beat whites until stiff but not dry and beat in sugar reserved for the purpose, and set aside; beat yolks thoroughly with same beater.

4. Add beaten eggs or yolks to butter and sugar mixture. (over)

5. Add dry ingredients and liquid alternately. Beat thoroughly but do not stir.

6. Fold in egg whites.

To Mix Cake with an Electric Beater. 1. Measure all ingredients. Have all materials at room temperature and the butter cut in pieces and soft. Sift flour before measuring. Add flavoring to liquid. If egg whites are to be added separately, beat until stiff but not dry and add 1 tablespoon for each egg white out of the amount of sugar called for in recipe.

2. Cream butter until soft and creamy and beat in sugar until light.

3. Beat in whole eggs or egg yolks vigorously.

4. Change to slow speed and add flour and milk. Beat only long enough to mix. Do not overbeat.

5. Fold in egg whites with mixing spoon.

Special recipes and instructions generally come with the mixer. A few recipes especially well adapted to this method are:

Lightning Cake (p. 656)	Grandmother's Pound Cake (p. 661)
Cream Cake (p. 654)	Quick Date Cake (p. 668)
Prize Cake (p. 656)	Banana Cake (p. 668)
Chocolate Cake (p. 662)	Harvard Cake (p. 668)
Golden Spice Cake (p. 669)	

To Add Fruit to Cake Mixture. Flour fruit before adding to light mixture. Add directly after sugar, without flouring, to dark mixture. Cut citron in thin slices, then in strips, flour, and put between layers of cake mixture. Cut raisins with scissors, but do not chop.

Cake-Making at High Altitudes. At high altitudes the pressure inside the cake must be decreased unless sufficient binding material, such as flour and eggs, is used to keep the gas in after it is formed. In very rich cakes reduce the baking powder, shortening, and sugar, or use the same amounts of these ingredients and add slightly more flour or more eggs. For most cakes use one teaspoon baking powder for each cup flour, and reduce sugar by one-fourth.

To Butter and Fill Pans. Do not grease pans for sponge or angel cake mixtures.

For butter cakes, grease pan with melted fat, using pastry brush or waxed paper. Dredge thoroughly with flour, invert, and shake to remove superfluous flour.

Pans may be lined with wax paper before greasing.

In filling, have mixture come well to corners and sides of pans, leaving a slight depression in the center. Fill pans two-thirds full to have cake come to top of pan when baked.

Before baking, cut through center of mixture at right angles to break air bubbles. Rap pan on table for same purpose.

To Bake Cake. Cake baking is greatly simplified if oven has a heat regulator. If oven has no regulator, place oven thermometer on grate on which cake is baked.

Divide the time required for baking into quarters. During the *first quarter*, mixture begins to rise. During the *second quarter*, it continues rising and begins to brown. During the *third quarter*, it finishes rising and continues to brown. During the *fourth quarter*, it finishes baking and shrinks from the sides of pan. Watch cake during baking to see that it is baking properly. After ten minutes, move if necessary to insure even baking. Bake cake as near center of oven as possible.

When done, cake shrinks slightly from sides of pan. Pound cake and fruit cake must be tested by pressing surface lightly with finger tips; if cake feels firm and does not retain imprint of finger, it is done. A wire cake tester, inserted in center of cake, will come out clean and dry if cake is done.

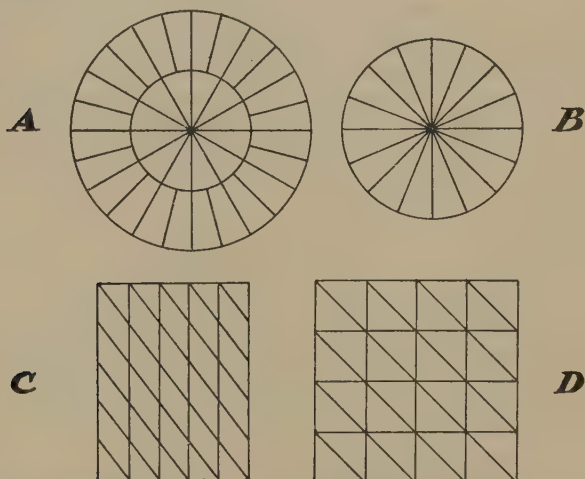
TIME AND TEMPERATURE FOR BAKING CAKE

TYPE	TIME	TEMPERATURE
Sponge Cakes	35 to 60 minutes	325° F.
Angel Food Cakes	1 hour or more	325° F.
Butter Cakes (loaf)	30 to 45 minutes	350° F.
Fruit and Pound Cakes	1½ to 4 hours	250°-325° F.
Thin Layer Cakes	20 to 30 minutes	375° F.
Cup Cakes	20 to 25 minutes	375° F.

To Remove Cake from Pans. Invert sponge cake on wire cooler and let stand until cold. Loosen with spatula or knife. For butter cake, invert and let stand 5 minutes, then loosen with spatula

if necessary, but do not hurry it. Rest pan on four sides successively, so that the weight of cake may help it out.

To Cut Cake. Cut in conventional squares or wedges or as in diagrams. Cut large round cake as in diagram A, smaller one as in diagram B, loaf cakes as in C or D.



To Use Cake Crumbs. Use in Cake-Crumb Hermits (p. 703) or wherever bread crumbs are called for in bread puddings, Brown Betty, etc., cutting down on sugar to taste.

TRUE SPONGE CAKE

5 egg whites	1 tablespoon lemon juice
5 egg yolks	Grated rind $\frac{1}{2}$ lemon
1 cup sugar	1 cup flour, sifted 4 times
	$\frac{1}{4}$ teaspoon salt

Beat whites until stiff but not dry; beat in half the sugar. Add lemon rind and juice to yolks and beat until thick and lemon-colored. Beat in remaining sugar. Combine mixtures. Cut and fold in flour sifted with salt. Pour into unbuttered pan. Cut through mixture several times to break large air bubbles. Bake 1 hour or more in moderately slow oven (325° F.), if in angel-cake or other deep pan. Bake 25 to 30 minutes in moderate oven (350° F.) if in layer-cake pans or individual tins.

DELIA'S SPONGE CAKE

2 egg whites	$\frac{3}{4}$ cup sugar
2 egg yolks	$\frac{1}{4}$ teaspoon lemon extract
4 tablespoons hot water	1 cup flour
$1\frac{1}{4}$ teaspoons baking powder	

Beat whites until stiff and add half the sugar. Add hot water to egg yolks and beat until thick; then add remaining sugar and lemon extract gradually, while beating constantly. Add whites, and fold in flour, mixed and sifted with baking powder. Turn into deep cake pan and bake in moderate oven (350° F.) 35 minutes.

SWEDISH SPONGE CAKE

3 eggs	$1\frac{1}{2}$ cups flour, sifted 3 times
1 cup sugar	2 teaspoons baking powder
$\frac{1}{2}$ cup cold water	Few grains salt

Beat yolks until light, and beat in sugar $\frac{1}{3}$ at a time. Add water, flour mixed and sifted with baking powder and salt. Fold in whites, beaten until stiff but not dry. Bake 40 minutes in moderate oven (350° F.).

THREE-EGG SPONGE CAKE

3 egg whites	2 teaspoons vinegar
3 egg yolks	1 cup flour
1 cup sugar	$1\frac{1}{2}$ teaspoons baking powder
1 tablespoon hot water	$\frac{1}{4}$ teaspoon salt

Mix (To Mix Sponge Cake, p. 647). Bake 35 minutes in moderate oven (350° F.).

POTATO-FLOUR SPONGE CAKE

4 egg whites	$\frac{1}{2}$ tablespoon lemon juice
4 egg yolks	$\frac{1}{2}$ cup potato flour
$\frac{3}{4}$ cup sugar	1 teaspoon baking powder
$\frac{1}{4}$ teaspoon salt	

Mix (To Mix Sponge Cake, p. 647). Bake 30 minutes in moderate oven (350° F.).

CHOCOLATE SPONGE CAKE

Use any Sponge Cake recipe, but substitute $\frac{3}{4}$ cup flour and $\frac{1}{4}$ cup cocoa for each cup of flour called for.

CREAM SPONGE CAKE

4 egg whites	1 teaspoon lemon extract
4 egg yolks	1½ tablespoons cornstarch
1 cup sugar	1 cup flour less 1½ tablespoons
3 tablespoons cold water	1¼ teaspoons baking powder
	¼ teaspoon salt

Mix (To Mix Sponge Cake, p. 647). Bake 30 minutes in moderately slow oven (325° F.). This mixture is excellent for layer cake, loaf or small cakes.



Cream Sponge for a Birthday with Bright Wooden Birds Feeding on Tiny Candy "Seeds"

JELLY ROLL

Line bottom of a dripping pan with paper; butter paper and sides of pan. Cover bottom of pan with Cream Sponge mixture and spread evenly. Bake 12 minutes in moderate oven (350° F.). Do not overbake. Turn on paper sprinkled with powdered sugar. Remove bottom paper quickly; cut off thin strips from sides and ends of cake. Spread with jam or jelly beaten enough to spread easily. Roll. Roll in paper until serving time. Work quickly or cake will crack.

GRATAN MOCHA

Bake Cream Sponge Cake mixture in 2 buttered, round, deep layer-cake tins. Put between layers whipped cream sweetened

and flavored with strong coffee or coffee essence. Garnish top with cream, forced through a pastry bag and tube, and glacéed pineapple, cherries, and Angelica.

MOCHA CAKE

Bake Cream Sponge Cake in angel-cake pan, adding to mixture $\frac{1}{2}$ cup English walnut meats, broken in pieces. Cool, split, fill with French Coffee Cream Filling (p. 676). Cover top with Confectioners' Frosting (p. 678), flavored with coffee essence or instantaneous coffee.

VIENNA CAKE

Make Cream Sponge Cake, using 6 egg whites. Bake in angel-cake pan. Remove from pan, cool, and cut crosswise in 4 layers of equal thickness. Make Mocha Filling (p. 675) and flavor $\frac{1}{3}$ of it with 1 ounce melted sweet chocolate. Put chocolate part between top and bottom layers. Put the other part in center and over top and sides of cake. Sprinkle entire frosted surface with Nut Brittle (p. 29) or toasted almonds, cut in thin slices.

ORANGE SPONGE CAKE

3 eggs	1 cup finely sifted sugar
Grated rind 1 orange	$1\frac{1}{4}$ cups flour
Juice 1 orange	$\frac{1}{2}$ teaspoon salt
1 tablespoon lemon juice	1 teaspoon baking powder

Beat egg whites until stiff, add $\frac{1}{2}$ cup sugar, and set aside. Mix orange and lemon juice and enough cold water to make $\frac{1}{2}$ cup, add to yolks with orange rind. Beat until light and add $\frac{1}{2}$ cup sugar. Cut and fold mixtures together. Fold in flour mixed and sifted with salt and baking powder. Bake 1 hour in moderately slow oven (325° F.) in angel-cake pan.

SUNSHINE CAKE

10 egg whites	1 teaspoon lemon or almond extract
$1\frac{1}{2}$ cups powdered sugar	1 cup pastry flour
7 egg yolks	$\frac{1}{8}$ teaspoon cream of tartar

Mix (To Mix Sponge Cake, p. 647). Bake 50 minutes in moderate oven (350° F.). If desired, frost with Maraschino Frosting (p. 681).

MARBLE SPONGE CAKE

1 $\frac{1}{4}$ cups egg whites (about 9)	$\frac{1}{2}$ teaspoon vanilla
1 teaspoon cream of tartar	6 egg yolks
1 $\frac{1}{8}$ cups sifted sugar	$\frac{2}{3}$ cup pastry or cake flour
$\frac{1}{2}$ cup pastry or cake flour, sifted	(for yellow part)
5 times (for white part)	1 teaspoon orange extract
$\frac{1}{2}$ teaspoon salt	

Beat egg whites until foamy. Add salt and cream of tartar; beat until stiff, but not dry. Beat in sugar, carefully. Divide in half. To one part, carefully fold in $\frac{1}{2}$ cup flour and vanilla. To other fold in yolks, well beaten, remaining flour, and orange extract. Put by spoonfuls into large unbuttered angel-cake pan, alternating yellow and white. Bake 1 $\frac{1}{4}$ hours in moderately slow oven (325° F.). Invert; let stand 40 minutes before removing from pan. Sprinkle with powdered sugar.

CREAM CAKE

2 eggs	1 $\frac{2}{3}$ cups flour
$\frac{7}{8}$ cup sugar	2 $\frac{1}{2}$ teaspoons baking powder
$\frac{2}{3}$ cup thin cream	$\frac{1}{2}$ teaspoon salt
	1 teaspoon vanilla

Put unbeaten eggs in a bowl, add sugar and cream; beat vigorously. Mix and sift remaining ingredients; add first mixture. Bake 30 minutes in shallow cake pan in moderately slow oven (325° F.).

ANGEL CAKE

1 cup egg whites (8 or 10)	$\frac{1}{4}$ teaspoon salt
1 $\frac{1}{4}$ cups fine granulated sugar, sifted	$\frac{1}{2}$ teaspoon almond extract
1 teaspoon cream of tartar	1 teaspoon vanilla
1 cup cake flour	

Beat egg whites and salt with flat wire whisk until foamy, add cream of tartar, and beat until stiff but moist. Sift flour and sugar 4 or 5 times and fold carefully into beaten whites with flavoring, using whisk. Bake in unbuttered angel-cake tin 50 minutes in slow oven (300° F.), then turn off heat, and bake 10 minutes longer. Invert on cake cooler until cold.

Cocoa Angel Cake. Sift $\frac{1}{4}$ cup dry cocoa with flour and sugar.

MOCK ANGEL CAKE

1 cup sugar	$\frac{1}{8}$ teaspoon salt
$1\frac{1}{2}$ cups flour	$\frac{2}{3}$ cup scalded milk
3 teaspoons baking powder	1 teaspoon vanilla
2 egg whites	

Mix and sift first 4 ingredients 4 times. Pour on the scalded milk gradually. Fold in egg whites beaten until stiff, and add vanilla. Turn into an unbuttered angel-cake pan and bake 45 minutes in moderate oven (350° F.). Keep 1 day before serving.



Angel Cake and Snowballs (p. 712)

ONE-EGG CAKE

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup sugar	$1\frac{1}{2}$ cups flour
1 egg, well beaten	$2\frac{1}{2}$ teaspoons baking powder
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon vanilla

Cream butter and add half the sugar gradually. Add remaining sugar to egg. Combine mixtures. Mix and sift flour, baking powder, and salt. Add alternately with milk to first mixture. Add vanilla. Bake 30 minutes in moderate oven (350° F.).

LIGHTNING CAKE

1 egg	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup milk
1 cup flour	3 tablespoons melted butter
1 teaspoon baking powder	$\frac{1}{4}$ teaspoon lemon extract
	$\frac{1}{2}$ teaspoon vanilla

Beat egg and add sugar while beating. Add flour sifted with baking powder and salt. Then add milk, melted butter, and flavoring. Bake 25 minutes in oiled layer-cake pans in moderate oven (350° F.). Put together with any desired filling and frost as desired.

PRIZE CAKE

2 eggs	2 cups flour
2 egg yolks	$2\frac{1}{2}$ teaspoons baking powder
1 cup sugar	$\frac{1}{2}$ cup milk
	$\frac{1}{3}$ cup melted butter

Beat eggs and egg yolks until thick, with egg beater; add sugar gradually, while beating constantly. Mix and sift flour and baking powder and add alternately with milk to first mixture; then add butter. Turn into buttered and floured shallow cake pan and bake 35 minutes in moderate oven (350° F.).

TWO-EGG CAKE

$\frac{1}{3}$ cup butter	$1\frac{3}{4}$ cups flour
1 cup sugar	$\frac{1}{2}$ teaspoon salt
2 eggs, well beaten	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup milk	2 teaspoons baking powder

Cream butter, add half the sugar gradually, and beat until light. Add remaining sugar to well-beaten eggs. Combine mixtures. Mix and sift flour, baking powder, and salt and add alternately with milk to first mixture. Beat thoroughly and add vanilla. Bake in loaf tin or buttered layer-cake pans 20 to 30 minutes in moderately hot oven (375° F.).

Burnt Sugar Cake. Use water in place of milk. Add 2 tablespoons Caramel Sirup (p. 29).

Citron Cake. Add 1 cup citron (p. 648), thinly sliced, to mixture.

Coconut Layer Cake. Frost and put layers together with White Mountain Cream, sprinkled thickly with freshly grated coconut.

Currant Cake. Add 1 cup currants, mixed with 1 tablespoon flour, to mixture.

Date-and-Nut Cake. Add $\frac{1}{4}$ cup each dates and nut meats, broken in pieces, to mixture.

Layer Cake. For fillings and frostings, see pp. 672-686.

Marble Cake. Add 1 square chocolate, melted, to half the mixture. Fill cake pans by spoonfuls, alternating plain and chocolate mixtures.

Spanish Cake. Flavor with $\frac{1}{2}$ teaspoon cinnamon or $\frac{1}{4}$ teaspoon mace instead of vanilla. Bake in loaf or layer-cake pans, with Caramel Frosting (p. 681) between layers and on top.

Walnut Cake. Add $\frac{3}{4}$ cup walnut meats broken in pieces. Increase baking powder to $2\frac{3}{4}$ teaspoons. Bake in shallow pan in moderate oven (350° F.). Cover with White Mountain Cream (p. 681), crease in squares, and put half walnut meat on each square.

Boston Cream Pie. Bake in round layer-cake pans or heavy frying pan. If baked in frying pan, split to make 2 layers. Put together with Cream Filling (p. 672), Chocolate Filling (p. 672), French Cream Filling (p. 676), or Banana Filling (p. 676), etc. Sprinkle top with powdered sugar. Cut in pie-shaped pieces.

Washington Pie. Use raspberry jam between layers. Sprinkle top with powdered sugar.

BOSTON FAVORITE CAKE

$\frac{2}{3}$ cup butter	$3\frac{1}{2}$ cups flour
$1\frac{7}{8}$ cups sugar	$\frac{1}{2}$ teaspoon salt
4 eggs	1 teaspoon vanilla
1 cup milk	5 teaspoons baking powder

Mix like Two-Egg Cake (p. 656) or Butter Cakes (p. 647). Use any of the variations listed under Two-Egg Cake.

PRISCILLA CAKE

$\frac{1}{2}$ cup butter	$2\frac{1}{4}$ teaspoons baking powder
$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ teaspoon salt
5 eggs, well beaten	$\frac{1}{2}$ cup milk
$2\frac{1}{2}$ cups flour	1 teaspoon vanilla

Mix like One-Egg Cake (p. 655) or Butter Cakes (p. 647). Bake 45 minutes in moderate oven (350° F.).

VELVET CAKE

$\frac{1}{2}$ cup butter	$1\frac{1}{2}$ cups flour
$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ cup cornstarch
4 egg yolks	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup cold water	4 teaspoons baking powder
4 egg whites	$\frac{1}{8}$ cup almonds, blanched and shredded

Cream butter, add sugar gradually, egg yolks well beaten, and water. Mix and sift dry ingredients and add to first mixture. Beat well and fold in egg whites beaten until stiff. After putting in pan, cover with almonds, and sprinkle with powdered sugar. Bake 40 minutes in moderate oven (350° F.).

Princeton Orange Cake. Use orange juice in place of cold water and add grated rind of 1 orange. Omit nuts.

Florida Nut Cake. Sprinkle Princeton Orange Cake, before baking, with chopped walnut meats, and sparingly with powdered sugar. Split and put together with Orange Filling (p. 673).

MRS. RAYMOND'S GOLD CAKE

$\frac{1}{2}$ cup butter	$1\frac{3}{4}$ cups flour
1 cup sugar	$2\frac{1}{2}$ teaspoons baking powder
1 egg	$\frac{1}{4}$ teaspoon salt
5 egg yolks ($\frac{1}{8}$ cup)	$\frac{1}{2}$ cup milk
	$\frac{1}{2}$ teaspoon vanilla

Cream butter and add sugar gradually, while beating constantly; add egg yolks and egg well beaten. Mix and sift dry ingredients and add alternately with milk to first mixture. Add vanilla, turn into buttered and floured cake tin. Bake 45 minutes in moderate oven (350° F.). Frost as desired. Coffee Coconut Frosting (p. 683) is especially delicious with this cake.

Lord Baltimore Cake. Turn into 3 buttered and floured tins (7 inches square). Bake in moderate oven (350° F.). Put layers together with Lord Baltimore Filling (p. 675). Cover top and sides of cake with Ice Cream Frosting (p. 681). Garnish with halves of candied cherries and diamond-shaped pieces of angelica.

Golden Fingers. Bake in large shallow pans. Cool, cut in finger-shaped pieces. Cover with Orange Frosting (p. 681).

WHITE CAKE I OR SNOW CAKE

$\frac{1}{4}$ cup butter	$2\frac{1}{2}$ teaspoons baking powder
1 cup sugar	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup milk	2 egg whites
$1\frac{3}{4}$ cups flour	$\frac{1}{2}$ teaspoon vanilla <i>or</i>
	$\frac{1}{4}$ teaspoon almond extract

Beat egg whites until stiff, add $\frac{1}{2}$ cup sugar, and set aside. Cream butter, add $\frac{1}{2}$ cup sugar gradually, while beating constantly. Mix and sift dry ingredients and add alternately with milk. Fold in egg whites. Add flavoring. Bake 45 minutes in moderate oven (350° F.).

WHITE CAKE II OR SILVER CAKE

$\frac{1}{3}$ cup butter	3 teaspoons baking powder
$\frac{7}{8}$ cup sugar	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup milk	4 egg whites
$1\frac{3}{4}$ cups flour	$\frac{1}{2}$ teaspoon almond, lemon, or vanilla extract

Mix and bake like White Cake (above).

Light Fruit Cake. To mixture, add $\frac{1}{2}$ cup raisins seeded and cut in pieces, 2 ounces citron thinly sliced and cut in strips, and $\frac{1}{3}$ cup walnut meats cut in pieces. In making mixture, reserve 1 tablespoon flour to use for dredging fruit. See To Add Fruit to Cake Mixture (p. 648).

QUEEN CAKE

$\frac{2}{3}$ cup butter	$\frac{1}{4}$ teaspoon soda
$1\frac{1}{2}$ cups flour	6 egg whites
$\frac{1}{4}$ teaspoon salt	$1\frac{1}{4}$ cups powdered sugar
	$1\frac{1}{2}$ teaspoons lemon juice

Cream butter, add flour gradually, mixed and sifted with salt and soda; add lemon juice. Beat egg whites until stiff; add sugar gradually. Combine mixtures. Bake 50 minutes in shallow pan in moderate oven (350° F.). Cover with Opera Caramel Frosting (p. 684).

White Fruit Cake. To mixture, add $\frac{2}{3}$ cup candied cherries, cut in pieces, $\frac{1}{3}$ cup almonds, blanched and shredded, $\frac{1}{2}$ cup citron, thinly sliced, and 1 teaspoon almond extract. Bake in a buttered, deep cake pan 1 hour in moderately slow oven (325° F.).

CORNSTARCH CAKE

1 cup butter	4½ teaspoons baking powder
2 cups sugar	¼ teaspoon salt
1 cup milk	5 egg whites
1 cup cornstarch	¾ teaspoon vanilla or
2 cups flour	½ teaspoon almond extract

Make like White Cake I (p. 659).

MARSHMALLOW CAKE

½ cup butter	3 teaspoons baking powder
1½ cups sugar	¼ teaspoon cream of tartar
½ cup milk	¼ teaspoon salt
2 cups flour	5 egg whites
	1 teaspoon vanilla

Make like White Cake I (p. 659). Bake in layer-cake pans and put Marshmallow Frosting (p. 681) between the layers and on top.

WHITE CAKE VARIATIONS

Use White Cake I or II, Queen Cake (p. 659), Cornstarch Cake or Marshmallow Cake.

Walnut Mocha Cake. Use coffee infusion in place of milk. Omit other flavorings and add ¾ cup walnut meats, broken in pieces. If desired, add 3 tablespoons Caramel Sirup (p. 29).

Banana Layer Cake. Bake in layer-cake pans. Put together with Banana Filling (p. 676) and sprinkle top with powdered sugar.

Fig Layer Cake. Bake in layer-cake pans. Put together with Fig Filling (p. 674) and sprinkle top with powdered sugar.

Prune Almond Cake. Bake in layer-cake pans. Spread between layers Prune Almond Filling (p. 676). Frost with White Mountain Cream (p. 681).

White Nut Cake. Add 1 cup nut meats, cut in pieces, to mixture.

Lady Baltimore Cake. Bake in layer-cake pans. Put together with Lady Baltimore Filling (p. 675). Cover top and sides with Ice Cream Frosting (p. 681). Cornstarch Cake is especially good for this and may be baked in three 7-inch square pans.

NEWPORT POUND CAKE

$\frac{7}{8}$ cup butter	5 eggs
$1\frac{1}{2}$ cups flour	$1\frac{1}{2}$ cups powdered sugar
Few grains salt	1 teaspoon baking powder
	1 teaspoon vanilla

Cream butter, add flour gradually. Beat egg whites until stiff but not dry, and beat in half the sugar, salt, and vanilla. Beat egg yolks until thick and lemon-colored, add remaining sugar gradually, and add to butter and flour. Beat well. Fold egg whites into mixture. Sift over baking powder. Beat thoroughly. Bake 1 hour in moderate oven (350° F.) in buttered deep pan.

New York Gingerbread. Omit vanilla and add 2 tablespoons yellow ginger to mixture.

GINGER POUND CAKE

$\frac{1}{2}$ cup butter	2 eggs, beaten until thick and lemon-colored
$\frac{1}{2}$ cup sugar	
$1\frac{1}{4}$ cups flour	$\frac{1}{4}$ pound Canton ginger, cut fine and dredged with $\frac{1}{4}$ cup flour
1 teaspoon baking powder	

Cream butter, add sugar gradually. Beat well and add, alternately, eggs and flour mixed and sifted with baking powder. Add ginger. Bake in buttered and floured pan in moderately slow oven (325° F.). Cover with White Mountain Cream p. (681).

GRANDMOTHER'S POUND CAKE

1 cup butter	5 eggs
$1\frac{2}{3}$ cups sugar	2 cups flour

Work butter until creamy, beat in sugar and eggs, one at a time. When creamy, fold in flour. Bake in buttered and floured tin 1 hour in slow oven (300° F.). Excellent for electric beater.

POUND CAKE

1 pound butter	1 pound flour
1 pound sugar	$\frac{1}{2}$ teaspoon mace
10 eggs	2 tablespoons brandy

Cream butter, add sugar gradually, and continue beating; then add egg yolks beaten until thick and lemon-colored, egg whites beaten until stiff, flour, mace, and brandy. Beat vigorously 5 minutes. Bake in deep pan $1\frac{1}{4}$ hours in slow oven (300° F.), or if to be used for fancy ornamented cakes, bake 30 to 35 minutes in shallow pan.

IMPERIAL CAKE

1 cup butter	2 cups flour
1 cup sugar	$\frac{1}{4}$ teaspoon soda
5 egg yolks	$\frac{1}{2}$ pound raisins, seeded and
5 egg whites	cut in pieces
Grated rind $\frac{1}{2}$ lemon	$\frac{1}{2}$ cup walnut meats, broken in
2 teaspoons lemon juice	pieces

Mix like Pound Cake. Spread layer in buttered angel-cake tin with paper in the bottom. Sprinkle with part of raisins and nuts and repeat until all are used. Bake $1\frac{1}{4}$ hours in moderately slow oven (325° F.).

MOLASSES POUND CAKE

$\frac{2}{3}$ cup butter	1 teaspoon cinnamon
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ teaspoon allspice
2 eggs, well beaten	$\frac{1}{4}$ teaspoon clove
$\frac{2}{3}$ cup milk	$\frac{1}{4}$ teaspoon mace
$\frac{2}{3}$ cup molasses	$\frac{1}{2}$ cup seeded raisins, cut in pieces
$2\frac{1}{8}$ cups flour	$\frac{1}{8}$ cup citron, thinly sliced and
$\frac{3}{4}$ teaspoon soda	cut in strips

Cream butter, add sugar gradually, eggs, milk, and molasses. Mix and sift 2 cups flour with soda and spices; add to first mixture; add fruit dredged with remaining flour. Bake in moderate oven (350° F.).

CHOCOLATE CAKE

$\frac{1}{2}$ cup butter	2 teaspoons baking powder <i>or</i>
$1\frac{1}{4}$ cups sugar, brown or white	1 teaspoon soda
2 egg yolks, well beaten	3 squares chocolate, melted over hot
1 cup milk, coffee, or water	water <i>or</i> $\frac{1}{8}$ cup cocoa (dry)
2 cups flour	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ teaspoon salt	2 egg whites, beaten stiff but not dry

Cream butter, add sugar gradually and chocolate. Add egg yolks. Mix and sift dry ingredients, and add alternately with liquid to first mixture. Bake in shallow pan or 2 small layer-cake pans in moderate oven (350° F.) about 30 minutes.

Chocolate Potato Cake. Replace $\frac{1}{2}$ cup flour with $\frac{1}{2}$ cup hot, riced potatoes, adding them before adding flour.

Chocolate Marshmallow Cake. As soon as cake is removed from pan, invert and cover bottom with marshmallows cut in halves

crosswise. Pour over marshmallows, Chocolate Fudge or Sour Cream Fudge (p. 733). Do not knead fudge.

Chocolate Mocha Layer Cake. Spread a portion $\frac{1}{4}$ inch thick in pan lined with thoroughly buttered paper. Bake 12 minutes in moderate oven (350° F.). Remove paper and repeat until all are done. Put together with Mocha Butter Frosting (p. 685), cutting them in two to make 6 layers, if necessary. Sprinkle with finely chopped nut meats, chopped toasted coconut, or chocolate shot. Chill before serving.

Chocolate Spice Cake. Add to mixture 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon clove, and $\frac{1}{2}$ cup chopped nut meats, if desired. Bake in small tins or loaf.

Creole Cake. Cover with any boiled frosting (p. 681). Spread with thin layer of melted unsweetened chocolate. Flavor frosting with a few drops of oil of peppermint, if desired.

Fudge Cake. Cover with Chocolate Fudge (p. 733) or Sour Cream Fudge (p. 733). Do not knead fudge. If made in layers, use fudge between layers and on top.

Chocolate Cream Pie. Bake in layer-cake pans. Put together with whipped cream. Sprinkle with powdered sugar. If desired, serve with Thin Chocolate Sauce (p. 606).

CHOCOLATE NOUGAT CAKE

2 squares chocolate	1 egg
$\frac{1}{3}$ cup powdered sugar	2 cups bread flour
$\frac{1}{3}$ cup milk	3 teaspoons baking powder
$\frac{1}{4}$ cup butter	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{2}$ cups powdered sugar	$\frac{2}{3}$ cup milk
$\frac{1}{2}$ teaspoon vanilla	

Melt chocolate, add $\frac{1}{3}$ cup sugar, place over heat, add $\frac{1}{3}$ cup milk, and stir and cook until smooth. Set aside to cool. Cream butter, add, gradually, remaining sugar and unbeaten egg, and beat well. Mix and sift flour, baking powder, and salt and add alternately with milk to butter and egg mixture. Add chocolate mixture and vanilla. Bake 15 to 20 minutes in layer-cake pans in moderate oven (350° F.). Put between layers and on top, any boiled frosting (p. 681), sprinkled, if desired, with $\frac{2}{3}$ cup almonds, blanchd and shredded.

DEVIL'S FOOD

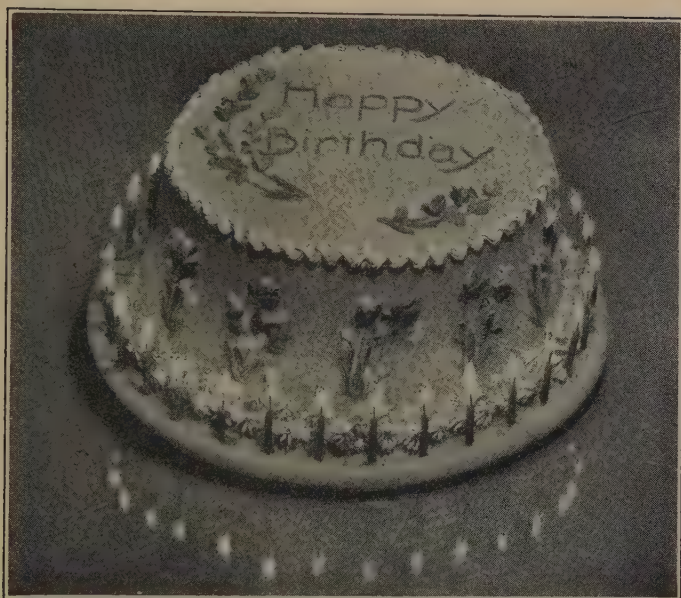
4 squares chocolate	1 egg
$\frac{1}{2}$ cup sugar	1 cup flour and 1 tablespoon
$\frac{1}{2}$ cup sweet milk	$\frac{1}{4}$ teaspoon salt
1 egg yolk	$\frac{1}{2}$ teaspoon soda
$\frac{1}{4}$ cup butter	$\frac{1}{4}$ cup sour milk
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon vanilla

Melt chocolate over hot water, add $\frac{1}{2}$ cup sugar, and gradually sweet milk; then add egg yolk and cook until mixture thickens. Set aside to cool. Cream butter, add gradually $\frac{1}{2}$ cup sugar and egg well beaten. Mix and sift flour, salt, and soda and add alternately with sour milk to butter mixture. Add chocolate mixture and vanilla. Bake in shallow cake pans 30 minutes in moderate oven (350° F.) and put between and on top any boiled frosting (p. 681). Add to filling $\frac{1}{4}$ cup seeded raisins cut in pieces, if desired.

DEVIL'S FOOD WITH WALNUTS AND CITRON

4 squares chocolate	2 cups bread flour
$\frac{2}{3}$ cup brown sugar	$\frac{1}{4}$ teaspoon salt
1 cup milk	1 teaspoon soda
1 egg yolk	$\frac{1}{2}$ cup milk
3 egg whites	$1\frac{1}{2}$ cups chopped walnut meats
1 cup brown sugar	1 cup citron, cut in small pieces
$\frac{1}{3}$ cup butter	2 teaspoons vanilla
	2 egg yolks

Melt chocolate, add $\frac{2}{3}$ cup sugar, 1 cup milk, and 1 egg yolk, slightly beaten. Stir and cook over hot water until smooth. Set aside to cool. Beat egg whites until stiff, beat in $\frac{1}{2}$ cup sugar, and set aside. Cream butter and add remaining sugar gradually, while beating constantly. Add 2 egg yolks, well beaten. Mix and sift flour, salt, and soda and add alternately with $\frac{1}{2}$ cup milk to butter mixture. Add chocolate mixture, nut meats, citron, and vanilla. Beat well and fold in egg whites. Turn into 2 buttered and floured 7-inch square pans and bake 35 minutes in moderate oven (350° F.). Remove from pans and cover with white or chocolate frosting.



BIRTHDAY FRUIT CAKE

- | | |
|--|---|
| $\frac{1}{2}$ cup butter | $\frac{1}{2}$ cup seeded raisins, cut in pieces |
| $1\frac{1}{4}$ cups brown sugar | $\frac{1}{2}$ cup walnut meats, cut in pieces |
| 2 egg yolks, slightly beaten | $\frac{1}{3}$ cup currants |
| $\frac{2}{3}$ cup milk | 2 tablespoons candied orange peel, finely cut |
| $2\frac{1}{4}$ cups flour | 2 egg whites, stiffly beaten |
| $3\frac{1}{2}$ teaspoons baking powder | |
| 1 teaspoon orange extract | |
| 1 teaspoon vanilla | |

Cream butter, cream in sugar, add yolks. Mix and sift flour and baking powder. Add alternately with milk and flavorings. Fold in egg whites. Mix fruit and nuts. Put cake mixture into pan by spoonfuls and sprinkle fruit mixture throughout in layers. Bake in buttered and floured pan in slow oven (300° F.).

BIRTHDAY CAKE

Frost cake with any boiled icing (p. 681). Decorate, using pastry tube, with Ornamental Frosting (p. 682) or sweetened whipped cream, tinted as desired with vegetable coloring.

DUNDEE CAKE

$\frac{7}{8}$ cup butter	$2\frac{1}{2}$ cups flour
$\frac{2}{3}$ cup sugar	$\frac{1}{2}$ teaspoon salt
4 eggs	1 teaspoon baking powder
$\frac{1}{3}$ cup almonds, blanched and chopped	1 cup seedless raisins
$\frac{1}{3}$ cup candied orange and lemon peel, cut fine	$1\frac{1}{3}$ cups currants or seeded raisins, cut in pieces
	2 tablespoons orange juice

For Decoration.

$\frac{1}{3}$ cup almond meats, blanched and split	$\frac{1}{8}$ cup citron, cut in thin slices and narrow strips
$\frac{1}{3}$ cup candied cherries, cut in pieces	

Cream butter, add sugar slowly. Add eggs, one at a time, beating 5 minutes after adding each. Stir in chopped almonds. Sift flour with baking powder and salt, mix with fruit, and add to first mixture. Add orange and lemon peel mixed with orange juice. Mix thoroughly, and put in 2 or 3 small bread pans lined with wax paper and greased. Cover top with blanched almonds, candied cherries, or citron. Bake 1 hour to $1\frac{1}{4}$ hours in slow oven (275° F.). Cover with paper as soon as cake begins to brown.

Dundee Cake keeps a long time and makes an attractive gift. The English serve it at tea time and allow each person to cut his own piece from the loaf.



Serve Dundee Cake on a Small Silver Platter, to Be Cut as Needed

SIMPLE FRUIT CAKE

1 cup sugar	½ teaspoon salt
½ cup molasses	1 teaspoon cinnamon
¾ cup milk	Allspice
¼ cup coffee infusion	Clove
1½ cups entire wheat flour	Mace
½ cup white flour	Grated nutmeg
4 teaspoons baking powder	1 pound seeded raisins, cut in pieces

Mix sugar, molasses, milk, and coffee. Mix and sift dry ingredients, reserving ¼ cup white flour. Combine mixtures and add raisins, dredged with remaining flour. Turn into buttered and floured bread pan and bake 50 minutes in moderate oven (350° F.).

CHOCOLATE FRUIT CAKE

⅓ cup butter	3 teaspoons baking powder
1 cup sugar	1 teaspoon cinnamon
¼ cup breakfast cocoa	3 egg whites
3 egg yolks	½ cup candied cherries
½ cup cold water	½ cup seeded raisins, cut in pieces
1¼ cups bread flour	½ cup walnut meats, cut in pieces
	1 teaspoon vanilla

Mix ingredients in order given and bake in deep cake pan 50 minutes. Cover with any boiled frosting (p. 681) and as soon as frosting is set, spread with a very thin layer of melted chocolate.

GRANT CAKE

½ cup butter	1¼ cups seeded raisins, cut in pieces
1 cup sugar	1½ teaspoons soda
1 egg, well beaten	¾ teaspoon allspice
1 cup sour milk	¾ teaspoon cloves
2½ cups flour	1½ teaspoons cinnamon
	½ teaspoon salt

Cream butter and add sugar gradually, while beating constantly; add egg and sour milk. Mix and sift 2¼ cups flour with soda, spices, and salt and add to first mixture; then add raisins dredged with remaining flour. Turn into a buttered oblong cake pan and bake 50 minutes in moderate oven (350° F.).

APPLE SAUCE CAKE

$\frac{1}{2}$ cup butter	1 cup raisins and nuts, cut in pieces
1 cup sugar	1 teaspoon cinnamon
1 cup cold, unsweetened apple sauce	$\frac{1}{2}$ teaspoon powdered clove
1 teaspoon soda	2 cups flour

Cream butter, add sugar gradually. Add soda to apple sauce and add to butter and sugar. Add other ingredients and bake in buttered and floured pan 40 minutes in moderate oven (350° F.).

BANANA CAKE

$\frac{1}{2}$ cup butter	2 cups flour
$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ teaspoon baking soda <i>or</i>
2 eggs, slightly beaten	1 teaspoon, if sour milk is used
1 cup banana, mashed	$\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla or lemon extract or both	$\frac{1}{2}$ cup milk, sweet or sour

Cream butter, add sugar gradually. Add eggs, and beat thoroughly. Add banana pulp and flavoring. Sift dry ingredients together and add alternately with milk. Bake in moderate oven (350° F.) 20 to 30 minutes.

Banana Nut Cake. Add $\frac{1}{2}$ cup chopped nut meats to mixture.

QUICK DATE CAKE

$\frac{1}{3}$ cup soft butter	$1\frac{3}{4}$ cups flour
$1\frac{1}{2}$ cups brown sugar	3 teaspoons baking powder
2 eggs	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoon grated nutmeg
$\frac{1}{2}$ pound dates, stoned and cut in pieces	

Put ingredients in a bowl and beat all together for 3 minutes, using a wooden cake spoon. Bake in buttered and floured muffin tins or cake pan 35 to 40 minutes in moderate oven (350° F.).

HARVARD CAKE

2 cups light brown sugar	1 teaspoon soda
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon cinnamon
2 egg yolks, beaten light	$\frac{1}{4}$ teaspoon nutmeg
1 cup sour milk	$2\frac{1}{4}$ cups sifted flour

Cream butter, add sugar slowly, and egg yolks. Sift dry ingredients and add alternately with milk to first mixture. Bake in shallow tin or 2 layer-cake pans in moderate oven (350° F.). Put together with Raisin Filling (p. 674) or Seven-Minute Frosting (p. 682).

DARK FRUIT CAKE

$\frac{1}{2}$ cup butter	2 eggs
$\frac{3}{4}$ cup brown sugar	$\frac{1}{2}$ cup milk
$\frac{3}{4}$ cup seeded raisins, cut in pieces	2 cups flour
$\frac{3}{4}$ cup currants	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup citron, thinly sliced and cut in strips	1 teaspoon cinnamon
$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ teaspoon each, allspice and mace
	$\frac{1}{4}$ teaspoon clove
	$\frac{1}{2}$ teaspoon lemon extract

Mix (To Mix Butter Cakes, p. 647). Bake in deep cake pans
 $1\frac{1}{4}$ hours in moderately slow oven (325° F.).

RICH COFFEE CAKE

1 cup butter	$\frac{1}{2}$ teaspoon clove
2 cups sugar	$\frac{1}{2}$ teaspoon mace
4 eggs	$\frac{1}{2}$ teaspoon allspice
2 tablespoons molasses	$\frac{3}{4}$ cup raisins seeded and cut in pieces
1 cup cold, boiled coffee	$\frac{3}{4}$ cup currants
$3\frac{3}{4}$ cups flour	$\frac{1}{4}$ cup citron, thinly sliced and cut in strips
5 teaspoons baking powder	
1 teaspoon cinnamon	2 tablespoons brandy or coffee

Mix (To Mix Butter Cakes, p. 647). Bake in deep cake pans.

GOLDEN SPICE CAKE

$\frac{1}{2}$ cup butter	$2\frac{1}{4}$ cups flour
$\frac{1}{2}$ cup brown sugar	1 teaspoon cinnamon
1 egg	$\frac{1}{2}$ teaspoon soda
4 egg yolks	$\frac{1}{2}$ teaspoon clove
$\frac{1}{2}$ cup molasses	$\frac{1}{4}$ teaspoon grated nutmeg
$\frac{1}{2}$ cup milk	Few grains cayenne

Few gratings lemon rind

Cream butter, add sugar gradually, egg and egg yolks well beaten, molasses, milk, flour mixed and sifted with spices, cayenne, and lemon rind. Bake 30 minutes in moderate oven (350° F.).

NUT SPICE CAKE

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon clove
1 cup brown sugar	$\frac{1}{4}$ nutmeg, grated
$\frac{1}{2}$ cup molasses	1 cup raisins, seeded and cut in pieces
4 egg yolks	$\frac{1}{2}$ cup currants
1 cup sour milk	$\frac{1}{2}$ cup English walnuts, cut in pieces
$2\frac{1}{2}$ cups flour	
1 teaspoon soda	$1\frac{1}{2}$ teaspoons baking powder
1 teaspoon cinnamon	

Mix (Butter Cakes, p. 647). Bake in moderate oven (350° F.).

RIBBON CAKE

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon cinnamon
2 cups sugar	$\frac{1}{4}$ teaspoon mace
4 egg yolks	$\frac{1}{4}$ teaspoon nutmeg
1 cup milk	$\frac{1}{8}$ cup raisins, seeded and cut in pieces
$3\frac{1}{2}$ cups flour	$\frac{1}{8}$ cup figs, finely chopped
5 teaspoons baking powder	1 tablespoon molasses
4 egg whites	

Mix first 7 ingredients in order given. Bake $\frac{2}{3}$ of mixture in 2 layer-cake pans. To the remainder add spices, fruit, and molasses. Bake in a layer-cake pan. Put layers together with jelly (apple usually being preferred, as it has less flavor), having the dark layer in the center.

WEDDING CAKE

1 pound butter	3 pounds seeded raisins, cut in pieces
1 pound brown sugar	2 pounds Sultana raisins
12 eggs	$1\frac{1}{2}$ pounds citron, thinly sliced and cut in strips
1 cup molasses	1 pound currants
1 pound flour	$\frac{1}{2}$ preserved lemon rind
4 teaspoons cinnamon	$\frac{1}{2}$ preserved orange rind
4 teaspoons allspice	1 cup grape juice or brandy
$1\frac{1}{2}$ teaspoons mace	4 squares chocolate, melted
1 nutmeg, grated	1 tablespoon hot water
$\frac{1}{4}$ teaspoon soda	

Cream butter, add sugar gradually, and beat thoroughly. Beat egg yolks until thick and lemon-colored. Add to first mixture, then add flour (reserving $\frac{1}{3}$ cup, to dredge fruit), mixed and sifted with spices, fruit dredged with flour, lemon rind and orange rind finely chopped, grape juice or brandy, chocolate, and egg whites beaten until stiff. Just before putting into pans, add soda dissolved in hot water. Cover pans with buttered paper. If to be steamed, cover loosely with buttered paper, and tie paper firmly in place. Then steam 3 hours and bake $1\frac{1}{2}$ hours in slow oven (300° F.). If desired, bake 4 hours in very slow oven (275° F.) without steaming. Rich fruit cake is always more satisfactory if part of the cooking is accomplished by steaming. Spread cake with almond paste (p. 738), moistened with egg white. When firm, frost and decorate as desired.

ELECTION CAKE

$\frac{1}{2}$ cup butter	$1\frac{1}{4}$ cups flour
1 cup bread dough (p. 70)	$\frac{1}{2}$ teaspoon soda
1 egg, well beaten	1 teaspoon cinnamon
1 cup brown sugar	$\frac{1}{4}$ teaspoon clove
$\frac{1}{2}$ cup sour milk	$\frac{1}{4}$ teaspoon mace
1 cup raisins, seeded and cut in pieces <i>or</i>	$\frac{1}{4}$ teaspoon nutmeg
$\frac{2}{3}$ cup raisins and 8 finely chopped figs	1 teaspoon salt

Work butter into dough, using the hand. Add egg, sugar, milk, fruit dredged with 2 tablespoons flour, and flour mixed and sifted with remaining ingredients. Put into a well-buttered bread pan, cover, and let rise $1\frac{1}{4}$ hours. Bake 1 hour in slow oven (300° F.). Cover with Milk Frosting (p. 684) or Portsmouth Frosting (p. 680).

ENGLISH FRUIT CAKE

1 pound butter	3 pounds currants
1 pound light brown sugar	2 pounds seeded raisins, finely chopped
9 eggs	$\frac{1}{2}$ pound almonds, blanched and shredded
1 pound flour	1 pound citron, thinly sliced and cut in strips
2 teaspoons mace	
2 teaspoons cinnamon	
1 teaspoon soda	
2 tablespoons milk	

Cream butter, add half the sugar gradually, and beat thoroughly. Beat egg whites until stiff, add remaining sugar, and set aside. Beat egg yolks until thick and lemon-colored, and add to first mixture. Add egg whites. Then add milk, fruit, nuts, and flour mixed and sifted with mace, cinnamon, and soda. Put in buttered deep pans. If to be steamed, cover loosely with buttered paper, and tie paper firmly in place. Then steam 3 hours and bake $1\frac{1}{2}$ hours in slow oven (300° F.). If desired, bake 4 hours in very slow oven (275° F.) without steaming. Rich fruit cake is always more satisfactory if part of the cooking is accomplished by steaming.

CHAPTER 46

CAKE FILLINGS AND FROSTINGS

CREAM FILLING

$\frac{3}{8}$ cup sugar	2 cups scalded milk
$\frac{1}{8}$ cup bread flour	1 teaspoon vanilla <i>or</i>
$\frac{1}{8}$ teaspoon salt	$\frac{1}{2}$ teaspoon lemon extract
2 eggs or egg yolks	

Mix dry ingredients. Add scalded milk gradually. Cook 15 minutes in double boiler, stirring constantly until mixture thickens, and afterwards occasionally. Add eggs, slightly beaten, and cook 3 minutes. Cool and flavor. For a thicker filling, use $\frac{1}{2}$ cup flour.

Chocolate Cream Filling. Use $\frac{3}{4}$ cup sugar. Scald milk with $1\frac{1}{4}$ squares chocolate. Flavor with vanilla.

Coffee Cream Filling. Scald 2 tablespoons ground coffee with milk. Strain and continue as above.

Praline Cream Filling. To 1 cup filling, add $\frac{2}{3}$ cup Praline Powder (p. 29).

Caramel Filling. Use $\frac{1}{2}$ cup flour. Add $\frac{1}{3}$ cup Caramel Sirup (p. 29).

White Mountain Cream Filling. Omit $\frac{1}{2}$ cup milk. Just before serving, add $\frac{1}{2}$ cup whipping cream, beaten stiff.

Banana Cream Filling. Add 1 cup mashed banana pulp (forced through strainer) and 2 tablespoons lemon juice.

LEMON FILLING

1 cup sugar	$\frac{1}{4}$ cup lemon juice
$2\frac{1}{2}$ tablespoons flour	1 egg, slightly beaten
Grated rind 2 lemons	1 teaspoon butter

Mix sugar and flour, add lemon rind and juice, and egg. Melt butter in pan, add mixture, and cook until boiling point is reached. Stir constantly so that mixture will not stick to pan. Cool.

FRANGIPAN CREAM

$\frac{2}{3}$ cup powdered sugar	2 tablespoons butter
$\frac{1}{3}$ cup flour	2 tablespoons macaroons (dried and rolled)
2 eggs or 4 egg yolks	$\frac{2}{3}$ teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	$\frac{1}{3}$ teaspoon lemon extract
1 cup scalded milk	

Mix dry ingredients. Add scalded milk gradually. Cook and stir 15 minutes in double boiler. Add eggs, slightly beaten, and cook 3 minutes longer. Add butter and macaroons. Cool and flavor.

BUTTERSCOTCH FILLING

$\frac{3}{4}$ cup brown sugar	$\frac{1}{2}$ teaspoon salt
4 tablespoons butter	2 eggs, slightly beaten
$\frac{1}{3}$ cup bread flour	2 cups milk
$\frac{1}{4}$ teaspoon vanilla	

Mix butter and sugar. Cook 2 minutes or until sirup is brown. Add $1\frac{2}{3}$ cups cold milk and scald over hot water. Mix flour and salt with remaining milk, add to hot mixture, and cook 15 minutes. Add eggs, cook 2 minutes. Cool and flavor.

LEMON COCONUT CREAM

Juice and grated rind 1 lemon	2 egg yolks, slightly beaten
1 cup powdered sugar	1 cup shredded coconut

Mix lemon juice and rind with sugar and egg yolks. Cook 10 minutes in double boiler, stirring constantly. Add coconut.

ORANGE FILLING I

$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup orange juice
$2\frac{1}{2}$ tablespoons flour	$\frac{1}{2}$ tablespoon lemon juice
Grated rind $\frac{1}{2}$ orange	1 egg, slightly beaten
1 teaspoon butter	

Mix in order given. Cook 15 minutes in double boiler, stirring constantly. Cool.

ORANGE FILLING II

1 tablespoon butter	1 egg yolk, slightly beaten
3 tablespoons powdered sugar	$\frac{1}{4}$ cup orange juice
2 tablespoons flour	Grated rind $\frac{1}{4}$ orange
$\frac{1}{3}$ cup sugar	1 teaspoon lemon juice

Cream butter, and add powdered sugar gradually. Mix flour, sugar, and egg yolk. Add orange juice and cook and stir over hot water until mixture thickens. Combine mixtures; add grated rind and lemon juice.

CHOCOLATE FILLING

$2\frac{1}{2}$ squares unsweetened chocolate	3 tablespoons milk
1 cup powdered sugar	1 egg yolk
$\frac{1}{2}$ teaspoon vanilla	

Melt chocolate over hot water, add half the sugar, and milk; add remaining sugar and egg yolk. Cook in double boiler until thickened, stirring constantly at first, that mixture may be perfectly smooth. Cool slightly, flavor, and spread.

FIG FILLING

$\frac{1}{2}$ pound figs, finely chopped	$\frac{1}{3}$ cup boiling water
$\frac{1}{3}$ cup sugar	1 tablespoon lemon juice

Mix in order given and cook in double boiler until thick enough to spread. Spread while hot.

RAISIN FILLING

1 cup sugar	2 egg whites, beaten until stiff
$\frac{1}{4}$ cup water	1 cup chopped raisins

Cook sugar and water until it spins a thread. Pour slowly on egg whites and beat until thick enough to spread. Fold in raisins.

BERTHA'S RAISIN FILLING

1 cup sour cream	1 cup sugar	1 cup seeded raisins
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Cook in double boiler until thickened.

MARSHMALLOW PASTE (*Filling or Frosting*)

1 cup sugar	$\frac{1}{4}$ pound marshmallows
$\frac{1}{3}$ cup milk	2 tablespoons hot water
	$\frac{1}{2}$ teaspoon vanilla

Heat sugar and milk slowly to boiling point without stirring. Boil 6 minutes. Cut marshmallows in pieces. Melt in double boiler, add hot water, and cook until smooth, then add hot sirup gradually, stirring constantly. Beat until cool enough to spread, then add vanilla.

Pistachio Paste. Add a few drops extract of almond, $\frac{1}{3}$ cup pistachio nuts blanched and chopped, and green food color.

MOCHA FILLING

$\frac{1}{3}$ cup sugar	2 cups scalded milk
$\frac{1}{3}$ cup flour	1 cup butter
	1 teaspoon vanilla

Mix sugar and flour. Add milk gradually, stirring constantly. Cook 15 minutes in double boiler, stirring constantly until mixture thickens and afterwards occasionally. Add butter, cool, and flavor.

Chocolate Mocha Filling. Flavor with 3 ounces melted sweet chocolate.

LADY BALTIMORE FILLING

Ice Cream Frosting (p. 681)	3 figs, cut in thin strips
$\frac{1}{2}$ cup chopped pecan nut meats	$\frac{1}{2}$ cup seeded raisins, chopped
	$\frac{1}{2}$ teaspoon almond extract

When frosting is ready to spread, add other ingredients to half the frosting, saving other half to frost top and sides of cake.

LORD BALTIMORE FILLING

Ice Cream Frosting (p. 681)	$\frac{1}{4}$ cup chopped blanched almonds
$\frac{1}{2}$ cup rolled dry macaroons	12 candied cherries, cut in quarters
$\frac{1}{4}$ cup chopped pecan nut meats	2 teaspoons lemon juice
$\frac{1}{4}$ teaspoon orange extract	3 teaspoons sherry

Beat frosting until ready to spread. Add other ingredients to half the frosting, saving other half to frost top and sides of cake.

NUT OR FRUIT FILLING

To any boiled frosting (p. 681) add chopped walnuts, almonds, figs, dates, or raisins, separately or in combination.

PRUNE ALMOND FILLING

Stone $\frac{1}{2}$ cup prunes and cut in small pieces. Blanch and cut in pieces $\frac{1}{3}$ cup almonds. Add to White Mountain Cream (p. 681) when ready to spread.

BANANA FILLING

Cover White Mountain Cream (p. 681) with thin slices of banana.

FRENCH CREAM FILLING

1 cup whipping cream	1 egg white, beaten until stiff
$\frac{1}{4}$ cup powdered sugar	$\frac{1}{2}$ teaspoon vanilla

Beat cream until stiff, add sugar slowly; fold in egg white and vanilla.

French Coffee Cream Filling. Flavor with strong coffee, or instantaneous coffee, to taste.

FRUIT CREAM FILLING

1 cup whipping cream	$\frac{1}{3}$ cup figs
$\frac{1}{3}$ cup powdered sugar	$\frac{1}{3}$ cup prunes
Few grains salt	2 teaspoons lemon juice
3 tablespoons chopped walnut meats	

Beat cream until stiff and add sugar, salt, nut meats, figs, and prunes, cut in very small pieces, and lemon juice.

STRAWBERRY FILLING

$\frac{1}{2}$ cup whipping cream	1 egg white, beaten until stiff
$\frac{1}{3}$ cup sugar	$\frac{1}{2}$ cup strawberries, mashed
$\frac{1}{2}$ teaspoon vanilla	

Beat cream until stiff, fold in egg white, slowly add sugar and strawberries. Add vanilla.

SYRACUSE FILLING

1 cup whipping cream	1 tablespoon boiling water
$\frac{1}{2}$ cup sugar	6 marshmallows
$\frac{1}{2}$ teaspoon granulated gelatine, <i>soaked in</i>	9 candied cherries
1 tablespoon cold water	4 macaroons
	$\frac{1}{2}$ teaspoon vanilla

Beat cream until stiff and add sugar gradually ; then add gelatine dissolved in boiling water. Add marshmallows and cherries cut in small pieces, macaroons dried and rolled, and vanilla.

FROSTINGS

Frostings may be put on with a spoon or spatula. Those made with beaten egg whites or butter may be forced through a pastry bag and tube, if a more elaborate effect is desired. A cloth pastry bag may be used or one may be made of paper. White frostings may be flavored and colored as desired.

To Make a Pastry Bag. Use thin, tough paper (writing paper or fresh, clean, wrapping paper) in sheets $8\frac{1}{2}$ by 11 inches.

Cut the sheets diagonally in two (see below). Hold one long point of paper in each hand. Wrap around to make a cornucopia with a very sharp point. This point should come in the middle of the longest side.

The three corners of the triangular piece of paper should come together at the open end where they can be turned in several times so that the cornucopia will hold together firmly. The points may be cut in one of the three ways shown below.

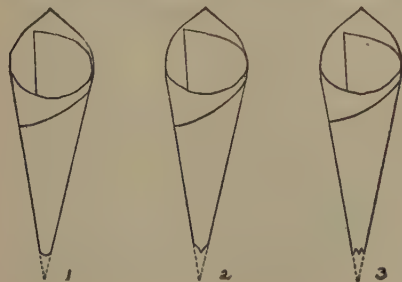


Diagram 1 shows how to cut the point for a plain tube ; diagram 2 for a leaf tube ; and diagram 3 for a star tube.

Pastry Tubes. For elaborate work small brass tubes with different shaped openings are for sale at kitchen furnishing stores and are numbered as

follows: Number 3 for stems and writing, Number 15 for flowers, Number 46 for borders, Number 59 and Number 60 for sweet peas and roses, Number 65 for leaves, and Number 86 for borders.

These metal tubes may be used in the paper cornets or in the cloth pastry bag. When using with the paper cornet, cut off three-fourths of an inch at the pointed end and drop the metal tube into it, letting it project through the opening at the end of the cornet. Then put frosting inside the paper cornet. These paper bags are most convenient when using frosting of several different colors. When only one color is being used, as in decorating a wedding cake, a cloth bag with a metal end to which the tubes may be screwed will be found more convenient, as the paper bags soften and break with much usage.

To Fill Pastry Bag. Put frosting into the bag, filling it not more than one-third full. Bring the edges of the open top together, turn down the righthand corner, then the lefthand corner; then fold over twice and continue to fold the paper tube down to the frosting. If using a cloth bag, twist the bag just above the frosting. This is done in order that all the frosting may be forced out through the tube at the lower end of the bag and also to prevent any of the frosting coming out at the top.

A frosting, in order to go through the tube easily, must be very light and full of air. Use Royal Frosting or Ornamental Frosting, or a butter frosting. A plain frosting of water and confectioners' sugar or a fudge frosting *cannot* be forced through a tube as it becomes hard and dry.

CONFECTIONERS' FROSTING

Boiling water, milk, or cream	1 $\frac{1}{4}$ cups confectioners' sugar
Flavoring	

Add to sifted sugar liquid to make of right consistency to spread; then add flavoring. Fresh fruit juice may be used for liquid. A most satisfactory frosting, easily and quickly made.

OSCAR'S FROSTING

1 tablespoon corn sirup	Confectioners' sugar
$\frac{1}{4}$ cup boiling water	Flavoring

Put corn sirup, water, and $\frac{1}{2}$ cup sugar in pan. Stir until well blended. Add $\frac{1}{2}$ cup sugar; beat thoroughly and vigorously until smooth. Repeat until about 3 cups sugar have been used and frosting is stiff enough to spread. While making, place pan over boiling water at frequent intervals to keep mixture lukewarm.

PETITS FOURS FROSTING

2 cups sugar	1 cup hot water
$\frac{1}{8}$ teaspoon cream of tartar	Confectioners' sugar, sifted (about 1 pound)

Cook sugar, cream of tartar, and water in agate saucepan without a lip, to 226° F. or to a thin sirup. Cool to slightly above lukewarm (100° F.) and add enough sugar to make of consistency to pour over cake. Always add sugar to sirup, not the sirup to the sugar.

PLAIN FROSTING

1 egg white	$\frac{1}{2}$ teaspoon vanilla or
2 teaspoons cold water	$\frac{1}{2}$ tablespoon lemon juice
$\frac{3}{4}$ cup confectioners' sugar	

Beat egg white until stiff; add water and sugar. Beat thoroughly, then add flavoring. Use more sugar if needed. Spread with a broad-bladed knife.

ROYAL FROSTING

3 egg whites	1 tablespoon lemon juice or
Confectioners' sugar, sifted	$\frac{1}{4}$ teaspoon cream of tartar

Put eggs in a large bowl, add 2 tablespoons sugar, beat 3 minutes with perforated wooden spoon. Repeat until $1\frac{1}{2}$ cups sugar are used. Add cream of tartar or lemon juice gradually, as mixture thickens. Add sugar by spoonfuls, beating until frosting is stiff enough to spread. To test, take up some of mixture on back of spoon, and with a case knife make a cut through mixture; if frosting remains parted, it is of right consistency. Spread cake thinly with frosting; when hardened, put on a thicker layer, having mixture somewhat stiffer than first coating, and then crease for cutting. To remaining frosting add enough sugar so that frosting may keep in shape after being forced through a pastry bag and tube.

PORTSMOUTH FROSTING

2 tablespoons cream	2 teaspoons melted butter
Confectioners' sugar	$\frac{1}{2}$ teaspoon vanilla

To cream add sugar until of right consistency to spread; add butter and vanilla.

COFFEE CONFECTIONERS' FROSTING

2 tablespoons hot coffee infusion	$\frac{1}{2}$ teaspoon vanilla
1 teaspoon butter	Confectioners' sugar

Melt butter in coffee and add vanilla and sugar until mixture is of the right consistency to spread. Vanilla may be omitted.

COCOA FROSTING

1 cup confectioners' sugar	• 2 tablespoons melted butter
2 tablespoons cocoa	1 teaspoon vanilla
Hot coffee infusion	

Mix sugar, cocoa, and butter. Moisten with coffee until of right consistency to spread. Dip knife in coffee while spreading on cake.

BERKSHIRE CHOCOLATE FROSTING

2 squares chocolate	5 tablespoons boiling water
1 teaspoon butter	Confectioners' sugar
	$\frac{1}{4}$ teaspoon vanilla

Melt chocolate in small saucepan placed over hot water. Add butter and boiling water and stir in sugar gradually, until mixture is of right consistency to spread; then add flavoring.

CHOCOLATE FROSTING

1 $\frac{1}{2}$ squares chocolate	1 egg yolk
$\frac{1}{8}$ cup scalded cream	$\frac{1}{2}$ teaspoon melted butter
Few grains salt	Confectioners' sugar
	$\frac{1}{2}$ teaspoon vanilla

Melt chocolate over hot water, add cream gradually, salt, egg yolk, and butter. Stir in sugar until of right consistency to spread.

ORANGE FROSTING

Grated rind 1 orange	1 tablespoon orange juice
$\frac{1}{2}$ teaspoon lemon juice	1 egg yolk
Confectioners' sugar	

Add rind to fruit juices and let stand 15 minutes. Strain. Add gradually to egg yolk. Stir in sugar until of right consistency to spread.

WHITE MOUNTAIN CREAM (BOILED FROSTING)

1 cup sugar	$\frac{1}{8}$ teaspoon cream of tartar <i>or</i>
$\frac{1}{3}$ cup water	$\frac{1}{2}$ tablespoon lemon juice
1 egg white, beaten until stiff	

Put sugar, water, and cream of tartar in pan, stir until sugar is dissolved, and bring to boiling point. Add 3 tablespoons sirup to beaten whites, beating constantly after adding each spoonful. Boil sirup to 240° F. or until it spins a long thread. Pour gradually on egg white, beating constantly. Flavor as desired.

Brown Sugar Frosting. Use brown in place of white sugar.

Caramel Frosting. Add 3 tablespoons Caramel Sirup (p. 29) to sugar and water in making frosting.

Chocolate Frosting. Add $1\frac{1}{2}$ squares chocolate, melted or not, as soon as sirup is added to egg whites.

Coconut Frosting. Add $\frac{1}{4}$ cup shredded coconut to frosting and sprinkle coconut thickly over the top before it is set.

Maraschino Frosting. Flavor with Maraschino Sirup.

Marshmallow Frosting. Add 24 marshmallows cut in small pieces and fold over and over until stiff enough to hold its shape.

Orange Frosting. Add $\frac{1}{4}$ cup chopped candied orange peel.

ICE-CREAM FROSTING

$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ cup water
$\frac{1}{2}$ teaspoon vanilla	2 egg whites

Make like White Mountain Cream. This frosting, on account of the larger quantity of egg, does not stiffen as quickly as White Mountain Cream, therefore is more successfully made by the inexperienced.

SEVEN-MINUTE FROSTING

1 egg white, unbeaten	2 tablespoons cold water
$\frac{2}{3}$ cup sugar, finely sifted	$\frac{1}{4}$ teaspoon cream of tartar
	Few grains salt

Combine ingredients in top of double boiler. Stir until sugar dissolves, then place over briskly boiling water. Beat with egg beater until stiff enough to stand up in peaks (7 to 10 minutes). Flavor as desired. Beat until thick enough to spread. During cooking, keep sides of double boiler cleaned down with spatula. Use with any of the variations suggested under White Mountain Cream (p. 681).

FLUFFY FROSTING

$\frac{3}{4}$ cup sugar	$\frac{1}{8}$ teaspoon cream of tartar
$\frac{1}{4}$ cup water	2 egg whites
	$\frac{1}{2}$ teaspoon vanilla

Cook and stir sugar, water, and cream of tartar over low heat until sugar dissolves. Increase heat and cook to 240° F. Start testing for the long thread. Cook until sirup spins a thread 12 to 15 inches long or to 266° F. Add sirup slowly to stiffly beaten egg whites, beating constantly. Add vanilla. Beat until frosting will hold its shape.

ORNAMENTAL FROSTING

2 cups sugar	3 egg whites
1 cup water	$\frac{1}{4}$ teaspoon cream of tartar

Boil sugar and water until sirup forms a long thread when dropped from tip of spoon. Pour sirup gradually on beaten egg whites, beating constantly. Add cream of tartar and continue beating. When stiff enough to spread, put thin coating over cake. Beat remaining frosting until cold and stiff enough to keep in shape after being forced through pastry tube. After first coating on cake has hardened, cover with a thick layer, and crease for cutting. If frosting is too stiff to spread smoothly, thin with few drops of water. With a pastry bag and variety of tubes, cake may be ornamented as desired.

TWICE-COOKED FROSTING

Make any boiled frosting. If not stiff enough when ready to spread, set bowl containing mixture over lower part of double boiler containing boiling water and place over heat. Cut and fold until mixture becomes granular around edge of bowl. Remove bowl and beat mixture with a spoon until it will hold its shape. Pour on cake and spread with back of spoon, leaving a rough surface.

NUT CARAMEL FROSTING

1 $\frac{1}{4}$ cups brown sugar	1 teaspoon vanilla
$\frac{1}{3}$ cup water	$\frac{1}{4}$ cup English walnut meats,
$\frac{1}{4}$ cup white sugar	broken in pieces
	2 egg whites

Boil sugar and water as for White Mountain Cream. Pour gradually, while beating constantly, on beaten egg whites. Continue beating until mixture will hold shape. If not stiff enough, finish like Twice-Cooked Frosting. Add nuts and vanilla, pour on cake, and spread with back of spoon, leaving a rough surface.

COCONUT COFFEE FROSTING

1 cup sugar	2 egg whites
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ cup shredded coconut
$\frac{1}{2}$ cup coffee infusion	$\frac{1}{2}$ teaspoon vanilla
	Few grains salt

Boil sugar and coffee until sirup will spin a long thread when dropped from tip of spoon. Pour gradually, while beating constantly, on egg whites beaten until stiff. Beat until cool. If not stiff enough, finish like Twice-Cooked Frosting. Add coconut, vanilla, and salt. Pour on cake; spread with back of spoon, leaving a rough surface.

QUALITY FROSTING

2 cups sugar	Few grains salt
3 tablespoons molasses	$\frac{3}{8}$ teaspoon vanilla
$\frac{1}{2}$ cup water	$\frac{1}{8}$ teaspoon lemon extract
2 egg whites	1 cup chopped nut meats

Add sugar and molasses to water, heat, and stir until sugar dissolves. Boil until mixture nearly holds its shape when tried in

cold water. Pour sirup slowly, while beating constantly, on egg whites beaten until stiff. Beat until mixture is stiff enough to spread. If mixture is not stiff enough, finish like Twice-Cooked Frosting. Add remaining ingredients. Pour over cake; spread with back of spoon, leaving a rough surface.

BOILED MAPLE FROSTING

1 pound soft maple sugar $\frac{1}{2}$ cup boiling water 2 egg whites

Break sugar in small pieces, put in saucepan with boiling water, and stir occasionally until sugar is dissolved. Boil without stirring until sirup will thread when dropped from tip of spoon. Pour sirup gradually on beaten whites, beating mixture constantly, and continue beating until of right consistency to spread.

BUTTERMILK FROSTING

$\frac{3}{4}$ cup buttermilk $\frac{3}{4}$ cup sugar

Cook until mixture forms soft ball when tried in cold water (234° F.). Cool, then beat until of right consistency to spread.

MILK FROSTING

$1\frac{1}{2}$ cups sugar 1 teaspoon butter
 $\frac{1}{2}$ cup milk $\frac{1}{2}$ teaspoon vanilla

Melt butter in pan, add sugar and milk. Stir while heating to boiling point. Boil without stirring until mixture forms soft ball when tried in cold water (234° F.). Cool and beat until of right consistency to spread. Add flavoring; pour over cake, spreading evenly with back of spoon. Crease as soon as firm. If too stiff, melt over hot water.

Chocolate Milk Frosting. Add $1\frac{1}{2}$ squares melted chocolate as soon as boiling point is reached. Flavor with $\frac{1}{8}$ teaspoon cinnamon.

OPERA CARAMEL FROSTING

$1\frac{1}{2}$ cups brown sugar $\frac{3}{4}$ cup thin cream $\frac{1}{2}$ tablespoon butter

Cook until mixture forms soft ball when tried in cold water (234° F.). Cool, then beat until of right consistency to spread.

MAPLE FROSTING

1 $\frac{1}{2}$ cups sugar $\frac{1}{2}$ cup butter
 $\frac{2}{3}$ cup grated maple sugar $\frac{2}{3}$ cup cream

Cook until mixture forms soft ball when tried in cold water (234° F.). Cool, then beat until of right consistency to spread.

CREAM MAPLE-SUGAR FROSTING

1 pound soft maple sugar 1 cup cream

Break sugar in small pieces, put in saucepan with cream, and stir occasionally until sugar is dissolved. Boil without stirring until a ball can be formed when mixture is tried in cold water. Cool, then beat until of right consistency to spread.

SULTANA NUT FROSTING

2 cups brown sugar $\frac{1}{4}$ cup seedless raisins
 $\frac{3}{4}$ cup heavy cream $\frac{1}{4}$ cup English walnut meats

Cook sugar and cream until mixture forms soft ball when tried in cold water (234° F.). Turn on marble slab or large platter, cool, then work until creamy, using a spatula or large wooden spoon. Add raisins and nut meats, cut in small pieces, and spread on cake.

FUDGE FROSTING

Use Chocolate Fudge or Sour Cream Fudge (p. 733), without kneading.

BUTTER FROSTING

$\frac{1}{2}$ cup butter, preferably unsalted 1 egg yolk
 1 cup confectioners' sugar Flavoring

Beat butter until very creamy, add egg yolk and beat in sugar gradually. Color and flavor as desired. For elaborate decoration, force through pastry bag and tube. In making double the quantity, use only 1 egg yolk.

Chocolate Butter Frosting. Add $\frac{1}{2}$ square unsweetened chocolate, melted over hot water, and $\frac{1}{2}$ teaspoon vanilla.

Mocha Butter Frosting. Add $\frac{1}{2}$ cup sugar and 1 tablespoon dry cocoa. Beat in strong cold coffee, drop by drop, until of desired consistency.

Orange Butter Frosting. Add 2 tablespoons orange juice and the grated rind of 1 orange. Add more sugar if necessary.

JAPANESE FROSTING

$\frac{1}{4}$ cup butter	2 egg whites
$1\frac{1}{2}$ cups sifted confectioners' sugar	Flavoring
Food coloring, if desired	

Cream butter, add gradually $\frac{1}{2}$ cup sugar, beating constantly. Beat egg whites until stiff and beat in gradually 1 cup sugar. Combine mixtures and add enough sugar to make frosting stiff enough to hold shape. Color and flavor as desired (see Butter Frosting p. 685).

FONDANT ICING

See Fondant (p. 738). Use for dipping small cakes. See Petits Fours (p. 712).

MARSHMALLOW FROSTING

1 cup Fondant (p. 738)	1 egg white, beaten until stiff
$\frac{1}{4}$ teaspoon vanilla	

Melt fondant over hot water, add egg white, and stir 2 minutes. Beat until of right consistency to spread. Delicious for chocolate cake, but never perfectly smooth.

CHAPTER 47

GINGERBREADS

Chicken fat (tried out and clarified) or any good cooking fat may be used in place of butter in any gingerbread recipe.

To Serve as a Luncheon or Supper Bread. Bake in shallow pan and cut in squares or bake in very shallow finger-shaped individual tins or muffin tins.



Bake Gingerbread in Small Bread Stick Pans for Luncheon

To Serve as a Dessert. 1. Cut in squares and put a spoonful of whipped cream on each.

2. **Apple Gingerbread.** Make sirup of $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ cup water. Peel, core, and quarter tart apples and cook lightly in sirup. Arrange in buttered baking pan. Pour any gingerbread mixture over apples. Bake, cut in squares, and serve with whipped cream.

3. **Cheese Gingerbread.** Whip cream, fold in grated cheese to taste. Split hot gingerbread and spread cream mixture between and on top.

4. **Marshmallow Gingerbread.** Remove gingerbread from pan, cut in halves crosswise, and put marshmallows, cut in halves, between layers. Cut in squares and serve with whipped cream.

HOT WATER GINGERBREAD

$\frac{1}{3}$ cup butter	$\frac{1}{2}$ teaspoon salt
$\frac{2}{3}$ cup boiling water	2 teaspoons ginger <i>or</i>
1 cup molasses	1 teaspoon ginger,
$2\frac{1}{4}$ cups flour	1 teaspoon cinnamon <i>and</i>
$1\frac{1}{2}$ teaspoons soda	$\frac{1}{4}$ teaspoon cloves

Melt butter in hot water, add molasses, and dry ingredients mixed and sifted. Beat vigorously. Bake in buttered shallow pan 35 or 40 minutes; in greased muffin pans or bread stick pans 20 to 35 minutes in a moderate oven (350° F.).

Cambridge Gingerbread. Add 1 egg, well beaten, to liquids before incorporating flour.

SOUR MILK GINGERBREAD

1 cup molasses	$1\frac{3}{4}$ teaspoons soda
$\frac{1}{3}$ cup butter	2 teaspoons ginger <i>or</i>
1 cup sour milk	1 teaspoon ginger,
$2\frac{1}{8}$ cups flour	1 teaspoon cinnamon <i>and</i>
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ teaspoon clove or nutmeg

Put butter and molasses in saucepan and cook until boiling point is reached. Add milk and dry ingredients, mixed and sifted. Beat vigorously. Fill buttered shallow pan and bake 30 to 40 minutes; or fill buttered muffin tins or bread stick pans $\frac{2}{3}$ full and bake 20 to 35 minutes in a moderate oven (350° F.).

Boston Gingerbread or Soft Molasses Gingerbread. Add 1 egg, well beaten, and 2 tablespoons shortening to Sour Milk Gingerbread.

KESWICK GINGERBREAD

$\frac{1}{4}$ pound butter	$\frac{1}{4}$ pound brown sugar
$\frac{1}{4}$ pound flour	$\frac{1}{2}$ teaspoon ginger
1 ounce candied lemon peel	

Work butter into flour, using hands. When well mixed, add sugar, ginger, and lemon peel cut in small pieces, mixing with

hands. Reserve $\frac{1}{2}$ cup. Press $2\frac{1}{2}$ inches thick into a buttered pan, and sprinkle with reserved mixture. Bake in moderate oven (350° F.), cut in squares, and let stand until cold; then remove from pan.

GOSSAMER GINGERBREAD

$\frac{1}{3}$ cup butter	$\frac{1}{2}$ cup milk
1 cup sugar	$1\frac{1}{8}$ cups flour
1 egg, well beaten	.3 teaspoons baking powder
1 teaspoon yellow ginger	

Cream butter, add sugar gradually, then egg. Add milk and dry ingredients mixed and sifted. Spread in buttered dripping pan as thin as possible, using back of mixing spoon. Bake 30 minutes in moderate oven (350° F.). Sprinkle with sugar and cut in small squares or diamonds before removing from pan.

HARD SUGAR GINGERBREAD

$\frac{3}{4}$ cup butter	5 cups flour
$1\frac{1}{2}$ cups sugar	$\frac{3}{4}$ tablespoon baking powder
$\frac{3}{4}$ cup milk	$1\frac{1}{2}$ teaspoons salt
$\frac{3}{4}$ tablespoon ginger	

Cream butter, add sugar gradually, milk, and dry ingredients mixed and sifted. Put some of mixture on an inverted dripping pan and roll as thin as possible to cover pan. Mark dough with a coarse grater. Sprinkle with sugar and bake in moderate oven (350° F.). Before removing from pan, cut in strips $4\frac{1}{2}$ by $1\frac{1}{2}$ inches.

CHRISTMAS ENGLISH GINGERBREAD

1 pound flour	1 tablespoon ginger
$\frac{1}{2}$ pound butter	1 teaspoon salt
1 cup sugar	Molasses

Mix flour, sugar, ginger, and salt. Work in butter with pastry mixer or finger tips, and add just enough molasses to hold ingredients together. Chill thoroughly. Roll very thin, cut out as desired, and bake in moderate oven (350° F.).

CARD GINGERBREAD

$\frac{1}{3}$ cup butter	$1\frac{3}{4}$ cups flour
$\frac{1}{3}$ cup brown sugar	$\frac{1}{2}$ tablespoon ginger
1 egg, well beaten	$\frac{3}{4}$ teaspoon salt
$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ teaspoon soda
$\frac{1}{4}$ teaspoon cinnamon	

Cream butter, add sugar gradually, egg, molasses, and flour mixed and sifted with ginger, salt, soda, and cinnamon. Chill, roll $\frac{1}{4}$ inch thick, bake in moderate oven (350° F.) on buttered sheet, and cut in squares.

CHAPTER 48

COOKIES, WAFERS AND OTHER SMALL CAKES

Most cooky mixtures may be used in all the ways listed below by increasing or decreasing the amount of liquid used.



Dropped Cookies Before and After Baking

Dropped Cookies. Drop from tip of spoon 1 inch apart on buttered sheet. Flatten with knife or fork dipped in cold water. If slightly more firm, make into small balls, arrange on buttered sheet, flatten slightly with knife, and bake.

Spread Cookies. Spread mixture on buttered cooky sheet or inverted dripping pan and cut in squares after baking.

Rolled Cookies. Chill thoroughly before handling. Otherwise more flour must be added, which makes cookies less tender. If large amount is being used, roll part at a time, keeping rest in

refrigerator until needed. Roll lightly and quickly on slightly floured board or cloth until $\frac{1}{4}$ inch thick. Cut out with floured cutter and arrange (with spatula) on buttered cooky sheet.

Refrigerator Cookies. Any cooky mixture firm enough to roll may be shaped into a long roll or several small sausagelike ones, wrapped in waxed paper, and kept in refrigerator until needed. A few cookies may be sliced off with a sharp, thin knife as wanted.



A Variety of Refrigerator Cookies

Bake on buttered sheet. The same foundation mixture may be varied by the addition of melted chocolate, nuts, or coloring.

Pressed Cookies. A mixture without nuts or fruit may be put through a cooky press onto cooky sheet, in fancy forms.

To Decorate Cookies. Before baking, arrange on top nut meats, raisins, currants, coconut, citron, angelica, plain or colored sugar, a bit of date, fig, candied fruit; or fruit peel, etc.

After baking, spread with melted chocolate or frosting, plain or colored, and decorate with nut meats, fruit, colored candies, etc.

To Bake Cookies. Bake most cookies in moderately hot oven (375° F.). Bake fruit, molasses, oatmeal, and chocolate cookies in moderately slow oven (325° F.). Special temperatures are given with recipes.

GINGER SNAPS

$\frac{1}{3}$ cup molasses	$\frac{1}{8}$ teaspoon soda
3 tablespoons shortening	1 teaspoon ginger
$1\frac{1}{8}$ cup flour	$\frac{1}{2}$ teaspoon salt

Heat molasses to boiling point and pour over shortening. Add dry ingredients, mixed and sifted. Chill, roll, and bake 8 to 10 minutes in moderate oven (350° F.).

GINGER COOKIES

1 cup white sugar	1 cup molasses
1 cup shortening	1 teaspoon ginger
2 eggs	1 teaspoon cinnamon
$\frac{1}{2}$ cup cold water	1 teaspoon salt
2 teaspoons soda	Flour

Cream the shortening, add sugar gradually and slightly beaten eggs. Combine water, soda, and molasses and beat vigorously. Add to first mixture. Sift dry ingredients with 3 cups of flour. Add to first mixture. Add more flour to make dough just firm enough to roll. Chill. Roll and cut out. Bake in moderate oven (350° F.).

MOLASSES COOKIES

1 cup molasses	1 tablespoon ginger
$\frac{1}{2}$ cup shortening, butter and lard mixed	1 tablespoon soda
$2\frac{1}{2}$ cups bread flour	2 tablespoons warm milk
	1 teaspoon salt

Heat molasses to boiling point, add shortening, ginger, soda dissolved in warm milk, salt, and flour. Drop from spoon or chill, roll, and bake.*

SPICE COOKIES

$\frac{1}{2}$ cup molasses	2 cups flour	} mixed and sifted
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ teaspoon soda	
$1\frac{1}{2}$ tablespoons butter	$\frac{1}{2}$ teaspoon salt	
$1\frac{1}{2}$ tablespoons lard	$\frac{1}{2}$ teaspoon clove	
1 tablespoon milk	$\frac{1}{2}$ teaspoon cinnamon	
	$\frac{1}{2}$ teaspoon nutmeg	

Heat molasses to boiling point. Add sugar, shortening, and milk. Add dry ingredients. Chill, roll, and bake.*

* To Shape and Bake Cookies, pp. 691, 692.

SOUR CREAM MOLASSES COOKIES

$\frac{3}{4}$ cup shortening	1 teaspoon soda
$\frac{3}{4}$ cup brown sugar	1 teaspoon salt
$\frac{3}{4}$ cup molasses	1 teaspoon ginger
2 eggs, well beaten	$\frac{1}{8}$ teaspoon each, cinnamon,
$\frac{3}{4}$ cup sour cream, sour milk, or	allspice
buttermilk	Flour

Increase shortening by $\frac{1}{4}$ cup when using sour milk or buttermilk.

Work shortening and sugar together until creamy; then add molasses, eggs, cream mixed with soda, salt, and ginger, and flour enough to make a soft dough. Drop from spoon or chill, roll $\frac{1}{2}$ inch thick,* and bake in moderate oven (350° F.). If desired, add $\frac{1}{4}$ cup chopped dates or raisins and $\frac{1}{4}$ cup chopped nuts.

DROP MOLASSES COOKIES

$\frac{1}{2}$ cup sugar	1 teaspoon soda
1 tablespoon butter	$\frac{1}{2}$ teaspoon salt
1 egg, well beaten	$\frac{1}{4}$ teaspoon each, nutmeg, cloves,
$\frac{1}{2}$ cup molasses	allspice
$\frac{1}{2}$ cup milk, sweet or sour	$\frac{1}{8}$ teaspoon ginger
2 cups flour	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup raisins, floured	

Cream sugar and butter. Add egg, molasses, and milk. Mix and sift dry ingredients and add to first mixture. Add raisins. Drop from spoon on greased pan. Bake in slow oven (325° F.) 10 to 12 minutes.

WALNUT MOLASSES BARS

$\frac{1}{4}$ cup butter	3 cups flour
$\frac{1}{4}$ cup lard	$\frac{1}{2}$ tablespoon ginger
$\frac{1}{4}$ cup boiling water	$\frac{1}{8}$ teaspoon grated nutmeg
$\frac{1}{2}$ cup brown sugar	$\frac{1}{8}$ teaspoon clove
$\frac{1}{2}$ cup molasses	1 teaspoon salt
1 teaspoon soda	Chopped walnut meats

Pour water over butter and lard, add sugar, molasses mixed with soda, flour, salt, and spices. Chill, roll,* cut in strips $3\frac{1}{2}$ by $1\frac{1}{2}$ inches. Sprinkle with nut meats and bake 10 minutes in moderately slow oven (325° F.).

* To Shape and Bake Cookies, pp. 691, 692.

SUGAR COOKIES

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon salt
1 cup sugar	2 teaspoons baking powder
1 egg or 2 egg yolks	$1\frac{3}{4}$ cup flour
2 tablespoons milk or cream	$\frac{1}{2}$ teaspoon vanilla

Let butter stand at room temperature until soft. Beat in sugar, egg, milk, and vanilla. Add other ingredients, mixed and sifted together. Mix well. Chill, roll $\frac{1}{8}$ inch thick, and cut out with cookie cutter. Or, omit $\frac{1}{4}$ cup flour and drop from spoon. Sprinkle with sugar. Bake in moderately hot oven (375° F.) about 8 minutes. Remove from sheet with spatula and cool on wire rack. Store in tightly covered jar or box, preferably with wax paper between the layers.

Sour Milk Sugar Cookies. Omit sweet milk and baking powder. Add $\frac{1}{2}$ cup sour milk and $\frac{1}{4}$ teaspoon soda. Add more flour if needed.

Almond Cookies. Add $\frac{1}{3}$ cup almonds, blanched and finely chopped, $\frac{1}{2}$ teaspoon each, cinnamon, clove, and nutmeg, and grated rind of $\frac{1}{2}$ lemon.

Butterscotch Cookies. Use brown sugar. If desired, add $\frac{1}{4}$ cup chopped nut meats (black walnuts are especially good).

Chocolate Cookies. Add $\frac{1}{3}$ cup dry cocoa or 2 squares melted chocolate, before adding flour. Bake at 325° F.

Coconut Cookies. Add $\frac{1}{2}$ cup shredded coconut.

Date Cookies. Add $\frac{1}{2}$ cup dates, cut fine with wet scissors.

Ginger Sugar Cookies. Add 2 teaspoons yellow ginger or $\frac{1}{4}$ cup candied ginger, cut fine.

Lemon Sugar Cookies. Omit vanilla. Add $\frac{1}{2}$ teaspoon lemon extract and 2 teaspoons grated lemon rind.

Maple Cookies. Use maple sugar, crushed fine.

Nut Cookies. Add $\frac{1}{2}$ cup chopped nut meats.

Orange Cookies. Use orange juice in place of milk. Add grated rind of $\frac{1}{2}$ orange. Two egg yolks in place of whole egg add to the color. Four yolks may be used, adding more liquid.

Peanut Butter Cookies. Use peanut butter in place of butter. Sprinkle with chopped peanuts before baking.

Raisin Cookies. Add $\frac{1}{2}$ cup chopped seeded raisins.

Seed Cakes. Add $1\frac{1}{2}$ tablespoons caraway seeds.

Spiced Sugar Cookies. Add $\frac{1}{4}$ teaspoon nutmeg or cinnamon.

FILLED COOKIES OR JUMBLES

Cut out Sugar Cookies (see above) 3 inches or more in diameter. On centers of half the cut-out pieces put bits of jam or jelly or mince-meat, or Banbury Tart Filling (p. 642), etc. Cover with other cookies, press edges together, prick with fork, and bake in moderately slow oven (325° F.). Three small openings may be made in each top cookie with a thimble.

NOVEL LAYER COOKIES

Spread Sugar Cookie mixture in buttered tin. Beat 1 egg white, add 1 cup brown sugar and $\frac{1}{2}$ teaspoon vanilla, and spread over cookie mixture. Sprinkle $\frac{3}{4}$ cup chopped walnut meats over all and press lightly. Bake 30 minutes in moderately slow oven (325° F.). Cut in squares or strips.

SAND TARTS

$\frac{1}{2}$ cup butter	2 teaspoons baking powder
1 cup sugar	1 egg white
1 egg, well beaten	Blanched almonds
$1\frac{3}{4}$ cups flour	1 tablespoon sugar
	$\frac{1}{4}$ teaspoon cinnamon

Cream butter, add sugar gradually, egg, and flour mixed and sifted with baking powder. Chill, roll $\frac{1}{8}$ inch thick, and shape with doughnut cutter. Brush over with egg white and sprinkle with sugar mixed with cinnamon. Split almonds and arrange 3 halves on each cookie at equal distances. Place on buttered sheet and bake 8 minutes in moderately slow oven (325° F.).

BUTTER COOKIES

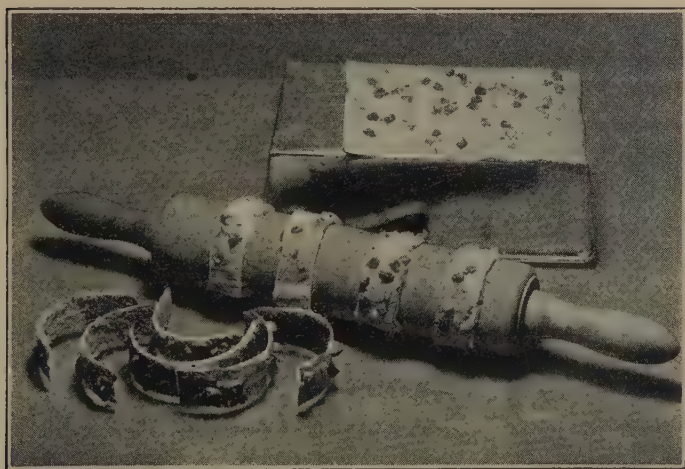
1 cup butter	Juice $\frac{1}{2}$ lemon
1 cup brown sugar	1 teaspoon cinnamon
2 eggs, well beaten	$\frac{1}{4}$ teaspoon powdered clove
Grated rind 1 lemon	Flour

Cream butter, cream in sugar, add eggs, lemon rind and juice, cinnamon, clove, and sufficient flour to roll. Chill, roll thin, shape, and bake in moderate oven (350° F.).

SWEDISH NUT WAFERS

$\frac{1}{4}$ cup shortening	2 tablespoons milk
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ teaspoon salt
1 egg, well beaten	1 teaspoon baking powder
$1\frac{1}{3}$ cups flour	1 teaspoon vanilla
$\frac{1}{3}$ cup chopped nut meats	

Cream shortening (using butter and lard or other cooking fat in equal proportions), add sugar gradually, while beating constantly; egg, milk, flour mixed and sifted with baking powder and salt, and vanilla. Spread evenly on bottom of buttered inverted bread pan,



Bake Swedish Nut Wafers a Few at a Time

using case knife; sprinkle with nut meats, press nut meats gently into mixture and mark in strips $\frac{3}{4}$ inch wide. One tablespoon will cover pan 7 by 3 inches. Repeat until mixture is used, baking a few at a time. Bake 12 minutes or until delicately brown in moderately slow oven (325° F.). Cut in strips and lay immediately over a rolling-pin to shape. If strips become too brittle to shape, return to oven to reheat and soften.

These wafers are very delicate and should be carefully stored in a shallow box.

RICH COOKIES

1 cup butter	1½ cups flour
⅔ cup sugar	1 teaspoon vanilla
2 eggs, well beaten	Raisins, nuts, or citron

Cream butter, add sugar gradually, egg, flour, and vanilla. Spread, or drop from tip of spoon. If dropped, spread thinly with knife first dipped in cold water. On each cookie put Sultana raisins, almonds blanched and cut in strips, or citron cut in small pieces. Bake.* If desired, shape while warm over handle of wooden spoon or on rolling-pin.

SOUR CREAM COOKIES

2 eggs	½ teaspoon vanilla	} sifted together
1 cup sugar	½ teaspoon soda	
⅓ cup butter, melted	¼ teaspoon nutmeg	
½ cup sour cream	2 cups flour	

Beat eggs, add sugar, cream, butter, and vanilla. Add remaining ingredients. Drop from spoon on buttered cookie sheet. Bake in moderately hot oven (375° F.) about 8 minutes.

REFRIGERATOR COOKIES

1 cup butter	½ teaspoon soda
½ cup brown sugar	¼ teaspoon salt
½ cup white sugar	½ teaspoon vanilla
1 egg, slightly beaten	½ cup nut meats, broken in pieces, or
2 cups pastry flour	½ cup raisins, or ½ cup coconut

Cream butter, add sugar, egg, flour, soda, flavoring, and nuts. Form in rolls, chill, slice, and bake* in hot oven (400° F.). For variety, flavor with nutmeg or cinnamon.

ROYAL FANS OR SHORTBREAD

2 cups flour	½ cup brown sugar	¾ cup butter, washed
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Mix flour and sugar. Work in butter with finger tips. Roll ⅓ inch thick, cut out 5-inch rounds. Cut rounds in quarters and mark with back of knife like fan. Brush over with egg yolk diluted with water. Bake in slow oven (325° F.).

* To Shape and Bake Cookies, pp. 691, 692.

SCOTCH SHORTBREADS

1 cup butter	2 cups bread flour
$\frac{1}{2}$ cup confectioners' sugar	$\frac{1}{4}$ teaspoon baking powder
	$\frac{1}{4}$ teaspoon salt

Wash butter, add sugar gradually, and flour sifted with baking powder and salt. Roll $\frac{1}{8}$ inch thick, prick with fork, and decorate, if desired (p. 692). Bake 20 to 25 minutes in moderate oven (350° F.) or until delicately brown.

COCONUT LAYER COOKIES

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup nut meats
1 cup flour	2 eggs
1 cup brown sugar	6 teaspoons flour
1 cup moist coconut	$\frac{1}{2}$ teaspoon baking powder

Mix butter and flour as for pastry. Pat in oblong pan and bake 15 minutes in moderately hot oven (375° F.). Mix other ingredients, spread over top, return to oven, and bake 30 minutes, reducing heat to moderate (350° F.). Leave in pan 12 hours before cutting in squares.

COCONUT STRIPS

2 eggs	$\frac{1}{4}$ cup chopped pecan nut meats
2 cups brown sugar	6 tablespoons flour
2 cups dry coconut	$\frac{1}{4}$ teaspoon vanilla

Beat eggs, add other ingredients. Bake in moderate oven (350° F.) in buttered and floured pan, 9 inches square. Cut while warm in finger-shaped strips.

BOSTON COOKIES

$\frac{1}{3}$ cup butter	1 cup flour
$\frac{1}{2}$ cup sugar	Few grains salt
1 egg, well beaten	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{3}$ teaspoon soda	$\frac{1}{3}$ cup chopped nut meats
1 teaspoon hot water	$\frac{1}{3}$ cup seeded raisins, chopped

Cream butter, add sugar gradually, and egg. Add soda dissolved in hot water, and half the flour mixed and sifted with salt and cinnamon; then add nut meats, fruit, and remaining flour. Drop by spoonfuls 1 inch apart on buttered sheet. Bake in moderate oven (350° F.).

GERMAN CHOCOLATE COOKIES

2 eggs, lightly beaten	Grated rind $\frac{1}{2}$ lemon
1 cup brown sugar	$1\frac{1}{8}$ cups almonds, blanched and chopped
2 ounces sweet chocolate, grated	1 cup flour
$\frac{1}{4}$ teaspoon cinnamon	1 teaspoon baking powder
$\frac{1}{2}$ teaspoon salt	

Add sugar gradually to eggs and continue beating. Add remaining ingredients. Drop from tip of spoon on buttered cooky sheet and bake in moderately slow oven (325° F.).

CHOCOLATE FRUIT COOKIES

$\frac{1}{4}$ cup butter	1 egg
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup nut meats, finely chopped
2 tablespoons grated chocolate	$\frac{1}{2}$ cup seeded raisins, finely chopped
1 tablespoon sugar	1 cup flour
1 tablespoon boiling water	1 teaspoon baking powder

Cream butter and add $\frac{1}{2}$ cup sugar, gradually. Melt chocolate, add remaining sugar and water, and cook 1 minute. Combine mixtures and add remaining ingredients. Chill, roll, and bake.*

CHOCOLATE WALNUT WAFERS

$\frac{1}{2}$ cup butter	1 cup chopped walnut meats
1 cup sugar	$\frac{1}{4}$ teaspoon salt
2 eggs, well beaten	$\frac{1}{4}$ teaspoon vanilla
2 squares chocolate, melted	$\frac{2}{3}$ cup flour

Cream butter and add sugar gradually; add other ingredients in order given. Drop from tip of spoon on a buttered cooky sheet 1 inch apart and bake in moderate oven (350° F.).

PEANUT COOKIES

2 tablespoons butter	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ cup flour
1 egg, well beaten	2 teaspoons milk
1 teaspoon baking powder	$\frac{1}{2}$ cup finely chopped peanuts
$\frac{1}{2}$ teaspoon lemon juice	

Cream butter, add sugar and egg. Mix and sift baking powder, salt, and flour; add to first mixture; then add milk, peanuts, and lemon juice. Drop from teaspoon on buttered cooky sheet 1 inch apart and place half a peanut on top of each. Bake 12 to 15 minutes in moderately slow oven (325° F.).

* To Shape and Bake Cookies, pp. 691, 692.

PEANUT WAFERS

$\frac{3}{4}$ cup butter	$\frac{1}{2}$ teaspoon soda
$1\frac{1}{2}$ cups light-brown sugar	3 tablespoons milk
1 egg, well beaten	1 cup peanuts, chopped
$\frac{1}{2}$ teaspoon salt	Flour (about 3 cups)

Cream butter and add sugar gradually. Add egg, salt, and soda dissolved in milk. Add half the peanuts to mixture. Add flour to roll. Put a part of the mixture on a well-greased and slightly floured cooky sheet or inverted dripping pan, and pat and roll $\frac{1}{8}$ inch thick; sprinkle with peanuts and bake in hot oven (400° F.). Cut in strips 1 by 3 inches. Repeat until mixture is used.

CAPE COD OATMEAL COOKIES

1 egg	1 teaspoon soda
1 cup sugar	1 teaspoon cinnamon
$\frac{1}{2}$ cup melted butter	$2\frac{1}{2}$ cups rolled oats
$\frac{1}{2}$ cup melted lard	1 cup raisins, <i>or</i> nut meats, cut fine, <i>or</i>
1 tablespoon molasses	$\frac{1}{2}$ cup of each
	2 cups flour

Beat egg, add other ingredients. Mix well. Arrange by spoonfuls on buttered cooky sheet. Press flat with fingers. Bake in moderately slow oven (325° F.).

OATMEAL COOKIES

1 egg, beaten until light	$\frac{1}{2}$ cup fine oatmeal
$\frac{1}{4}$ cup sugar	2 cups flour
$\frac{1}{4}$ cup thin cream	2 teaspoons baking powder
$\frac{1}{4}$ cup milk	1 teaspoon salt

Add sugar, cream, and milk to egg. Add oatmeal and flour, baking powder, and salt, mixed and sifted. Chill, roll,* and bake in moderate oven (350° F.).

ROCKS

3 eggs, well beaten	1 cup walnut meats, cut in pieces
$1\frac{1}{2}$ cups sugar	1 cup raisins
1 teaspoon cinnamon	3 cups flour
1 teaspoon soda <i>in</i>	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup hot water	

Mix in order given. Make into rolls, chill, slice, and shape with fingers. Bake in moderate oven (350° F.).

* To Shape and Bake Cookies, pp. 691, 692.

NUT OATMEAL COOKIES

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup chopped nut meats
$\frac{1}{4}$ cup lard or other shortening	$1\frac{1}{2}$ cups flour
1 cup sugar	$\frac{1}{2}$ teaspoon salt
1 egg, well beaten	$\frac{1}{2}$ teaspoon soda
5 tablespoons milk	$\frac{3}{4}$ teaspoon cinnamon
$1\frac{3}{4}$ cups rolled oats	$\frac{1}{2}$ teaspoon clove
$\frac{1}{2}$ cup seeded raisins, cut in pieces	$\frac{1}{2}$ teaspoon allspice

Cream shortening, and add sugar gradually; then add egg, milk, rolled oats, raisins, and nut meats. Mix and sift flour with remaining ingredients and add to first mixture. Drop from tip of spoon on buttered cooky sheet 1 inch apart and bake 15 minutes in moderate oven (350° F.).

SCOTTISH FANCIES

1 egg, beaten until light	1 cup rolled oats (uncooked)
$\frac{1}{2}$ cup sugar	$\frac{1}{3}$ teaspoon salt
$\frac{2}{3}$ tablespoon melted butter	$\frac{1}{4}$ teaspoon vanilla

Add sugar gradually to egg and stir in remaining ingredients. Drop mixture by teaspoonfuls on thoroughly greased cooky sheet $1\frac{1}{2}$ inches apart. Spread into circular shape with a fork dipped in cold water. Bake in moderately slow oven (325° F.) until delicately browned. For variety use $\frac{2}{3}$ cup rolled oats and fill cup with shredded coconut. After baking, these cookies may be rolled over handle of wooden spoon, while still warm.

HERMITS

$1\frac{1}{2}$ cups sugar	3 cups flour
$\frac{1}{2}$ cup butter	1 teaspoon cinnamon
2 eggs, well beaten	$\frac{1}{2}$ teaspoon clove
1 teaspoon salt	$\frac{1}{2}$ teaspoon nutmeg
1 teaspoon soda in	1 cup nuts and raisins, cut fine
$\frac{1}{2}$ cup sour milk	

Cream butter, add sugar, eggs, salt, soda in milk, flour sifted with spices, and nuts and raisins. Drop by spoonfuls on buttered cooky sheet. Bake in moderately slow oven (325° F.).

Mincemeat Hermits. Use 1 cup mincemeat in place of nuts and raisins.

CAKE-CRUMB HERMITS

2½ tablespoons butter	½ teaspoon allspice
½ cup brown sugar	½ teaspoon mace
½ cup molasses	¼ teaspoon clove
2 eggs, beaten	¾ teaspoon salt
½ teaspoon soda, <i>dissolved in</i>	1½ cups fine, dry cake crumbs
1 tablespoon cold water	¼ cup citron, cut in fine strips
1½ cups flour	¼ cup currants or raisins
2 teaspoons cinnamon	¼ cup orange peel, cut in fine strips
	¼ cup milk

Cream butter, add sugar slowly, then molasses, and eggs. Beat thoroughly, add soda and water. Add, alternately, milk and flour sifted with spices and salt. Add remaining ingredients. Mix well. Spread ¼ inch thick in buttered dripping pans. Bake 10 to 12 minutes in moderate oven (350° F.). Cut in rectangles.

NEUREMBURGHES

2 eggs	⅓ teaspoon cinnamon
½ cup powdered sugar	⅓ teaspoon clove
¾ cup flour	1 tablespoon orange peel, finely cut
⅓ teaspoon salt	Grated rind ½ lemon
	¾ cup Jordan almonds

Beat egg whites until stiff, add sugar gradually, continuing beating. Add egg yolks well beaten, flour mixed and sifted with salt and spices, orange peel, and lemon rind. Blanch almonds, cut in small pieces crosswise, and bake in moderately slow oven (325° F.) until well browned. Fold into mixture and drop by spoonfuls on cooky sheet dredged with cornstarch and powdered sugar in equal proportions. Bake in moderate oven (350° F.).

NUT BARS

2 tablespoons brown sugar	½ cup flour
¼ cup butter	⅓ teaspoon salt
¼ cup boiling water	2 tablespoons English walnut
½ cup brown sugar	meats, finely chopped
	Halves of walnuts or almonds

Caramelize 2 tablespoons sugar, add butter and water, and boil 2 minutes. Remove from fire, add remaining sugar, flour mixed with salt, and walnut meats. Spread on buttered cooky sheet, crease in 2-inch squares, and decorate with nut meats. Bake in slow oven (300° F.) and remove from pan at once.

NUT COOKIES

2 egg yolks	2 egg whites
1 cup brown sugar	6 tablespoons flour
1 cup chopped nut meats	Few grains salt

Beat egg yolks until thick and lemon-colored, add sugar gradually, nut meats, egg whites beaten stiff, and flour mixed with salt. Drop from tip of spoon on buttered sheet, spread, and bake in moderate oven (350° F.).

Benné Wafers. Use benné seed or sesame seed in place of nut meats.

DATE AND NUT COOKIES

1½ cups brown sugar	3 cups flour (scant)
½ cup butter	1 teaspoon vanilla
½ cup boiling water	½ cup chopped nut meats
1 teaspoon soda	½ cup chopped dates
½ teaspoon salt	1 egg, well beaten

Add sugar and butter, add soda in boiling water, and other ingredients in order given. Drop on cooky sheet (make rather thick) and bake in moderate oven (350° F.).

DATE AND NUT BARS I

3 eggs	1 cup nut meats, cut in pieces
1 cup sugar	1 cup flour
2 cups dates, cut in pieces	1 teaspoon baking powder
Few grains salt	

Beat yolks until thick, add sugar, while beating constantly. Beat whites stiff. Sift flour with baking powder and salt and add dates and nuts. Add beaten whites and flour mixture alternately to yolks. Drop from spoon or spread on buttered cooky sheet, bake 30 minutes in moderate oven (350° F.). While warm, cut in finger-shaped pieces and roll in powdered sugar.

DATE AND NUT BARS II

¼ cup melted butter	¼ teaspoon baking powder
1 cup sugar	Few grains salt
2 eggs, well beaten	1 cup dates, cut fine
¾ cup flour	1 cup nut meats, chopped

Mix in order given. Spread in pan lined with waxed paper. Bake 15 to 20 minutes in moderate oven (350° F.). Cut in finger-shaped pieces and roll in powdered sugar while warm.

FUDGE SQUARES OR INDIANS

2 squares chocolate, melted over hot water	$\frac{3}{4}$ cup bread flour
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon baking powder
3 eggs, well beaten	$\frac{1}{2}$ teaspoon salt
1 cup sugar	1 cup broken walnut meats
	1 teaspoon vanilla

Add butter to chocolate, stir until melted. Add sugar slowly to eggs. Add flour sifted with baking powder and salt. Add nut meats, vanilla, and chocolate mixture. Spread in shallow pans, bake 15 to 20 minutes in moderate oven (350° F.). Cut in squares while warm.

BROWNIES

2 eggs	2 squares unsweetened chocolate, melted
$\frac{1}{4}$ cup melted butter	$\frac{1}{2}$ cup walnut meats, cut in pieces
$1\frac{1}{4}$ cups brown sugar	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup flour	
$\frac{1}{2}$ teaspoon vanilla	

Beat eggs slightly and add remaining ingredients. Spread evenly in 7-inch square shallow pan and bake 40 minutes in slow oven (300° F.). Mark in squares and turn out as soon as taken from oven. If desired, use 1 egg and 1 cup sugar.

Omit butter, if desired.

Sultana Sticks. Use $\frac{1}{4}$ cup each of nut meats and Sultana raisins. Cut in finger-shaped pieces.

ROLLED WAFERS

$\frac{1}{4}$ cup butter	$\frac{1}{4}$ cup milk
$\frac{1}{2}$ cup powdered sugar	$\frac{1}{8}$ cup bread flour
$\frac{1}{2}$ teaspoon vanilla	

Cream butter, add sugar gradually, and milk drop by drop, then add flour and flavoring. Spread very thinly with a broad, long-bladed knife on larded inverted dripping pan which has been chilled. Crease in 3-inch squares and bake in moderately slow oven (325° F.) until delicately browned. Place pan in warm place, cut squares apart with sharp knife, and roll while warm in tubular or cornucopia shape. If squares become too brittle to roll, place in oven to soften. If rolled cornucopia shape, they may be filled with whipped cream, sweetened, and flavored.



ENGLISH ROLLED WAFERS

$\frac{1}{2}$ cup molasses	$\frac{2}{3}$ cup sugar
$\frac{1}{2}$ cup butter	1 tablespoon ginger <i>or</i>
1 cup flour (scant)	1 cup chopped nut meats

Heat molasses to boiling point, add butter, then slowly, stirring constantly, flour mixed and sifted with ginger and sugar. Drop small portions from tip of spoon on larded, inverted dripping pan 2 inches apart. Bake 15 minutes in slow oven (300° F.), cool slightly, remove from pan, and roll over handle of wooden spoon while warm.

Almond Wafers. Before baking, sprinkle with almonds blanched and chopped. Other nut meats or shredded coconut may be used in place of almonds.

MERINGUES OR KISSES

4 egg whites	$1\frac{1}{4}$ cups powdered sugar <i>or</i>
$\frac{1}{2}$ teaspoon vanilla	1 cup fine granulated sugar

Beat whites until stiff, add very gradually $\frac{2}{3}$ of sugar, and continue beating until mixture will hold its shape; add flavoring, then fold in remaining sugar. Shape with spoon or pastry bag and tube

on cooky sheet covered with letter paper. Bake 50 minutes in very slow oven (250° F.) and remove from paper. If desired, put together in pairs.

Meringue Shells. Bake on wet board covered with paper, crush center or remove soft part with spoon. Place in oven to dry. Fill with whipped cream or ice cream, put another meringue on top. Serve with crushed strawberries, chocolate or other sauce. Filled with ice cream, these are called **Meringues Glacées**.

Nut Meringues. Add chopped nut meats (almonds, English walnuts, peanuts, or hickory nuts). Shape. Sprinkle with nut meats and bake.

Mushroom Meringues. Shape in rounds the size of mushroom caps, using pastry bag and tube; sprinkle with grated chocolate, cocoa, or chocolate shot. Shape stems like mushroom stems. Bake, remove from paper, and place caps on stems.

Creole Kisses. Add finely pounded Nut Brittle (p. 29) made with Jordan almonds. Shape, sprinkle with shredded almonds, sift sugar over them, and bake 25 minutes in slow oven (300° F.).

Date and Nut Meringues. Add chopped nut meats and finely cut dates.

FRENCH MERINGUES

2 cups sugar	5 egg whites
1 cup water	1 teaspoon vanilla

Boil sugar and water until mixture forms a firm ball when tried in cold water. Beat egg whites until stiff and add the hot sirup gradually, while beating constantly. Set pan containing mixture in pan of ice water, add flavoring, and stir 5 minutes. Cover and let stand 15 minutes. Shape with spoon or pastry bag and tube on buttered cooky sheet, dredged with cornstarch. Bake 30 minutes in slow oven (300° F.).

NUT CAKES

½ cup pecan nut meats	2 tablespoons flour
½ pound powdered sugar	3 egg whites
1 teaspoon vanilla	

Pound nut meats and mix with sugar and flour. Beat egg whites until stiff, add first mixture and vanilla. Drop from tip of tablespoon (allowing 1 spoonful for each cake) on cooky sheet covered with buttered paper. Bake 20 minutes in moderate oven (350° F.).

PEANUT OR PECAN BARS

1 cup peanuts or pecans	1 cup brown sugar
1 egg white	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ teaspoon vanilla	

Finely chop peanuts. Beat egg white until stiff and add gradually, while beating constantly, sugar, salt, and vanilla. Fold in peanuts, drop from tip of spoon or spread mixture in buttered, square, shallow pan, and bake in moderately slow oven (325° F.). Cut in bars, using a greased sharp knife, and remove from pan.

PEANUT MACAROONS

1 egg white	5 tablespoons finely chopped peanuts
$\frac{1}{4}$ cup fine granulated sugar	1 teaspoon vanilla

Beat egg white until stiff and add sugar gradually, while beating constantly; then add peanuts and vanilla. Drop from tip of spoon on buttered cooky sheet $1\frac{1}{2}$ inches apart. Garnish each with $\frac{1}{2}$ peanut and bake 12 to 15 minutes in slow oven (300° F.).

CHOCOLATE NUT BARS

2 egg whites	$\frac{2}{3}$ cup Jordan almonds, blanched
$\frac{7}{8}$ cup powdered sugar	and chopped
1 square chocolate, melted	

Beat egg whites until stiff and add sugar gradually, while beating constantly; then carefully cut and fold in chocolate, which has been slightly cooled, and $\frac{2}{3}$ of the nut meats. Spread mixture $\frac{1}{4}$ inch thick in buttered dripping pan, sprinkle with remaining nuts, and bake 40 minutes in slow oven (300° F.). While warm, cut in finger-shaped pieces, using sharp knife.

CINNAMON KITES

3 egg whites	$1\frac{1}{2}$ teaspoons cinnamon
1 cup granulated sugar	$1\frac{1}{2}$ cups chopped, unblanched
1 tablespoon flour	Jordan almonds
Grated rind $\frac{1}{2}$ lemon	

Beat egg whites to stiff froth. Mix remaining ingredients and cut and fold into egg whites. Turn onto board dredged with $\frac{1}{4}$ cup flour and powdered sugar (using equal parts and mixing thoroughly) and pat and roll $\frac{1}{4}$ inch thick. Shape with kite-shaped or other

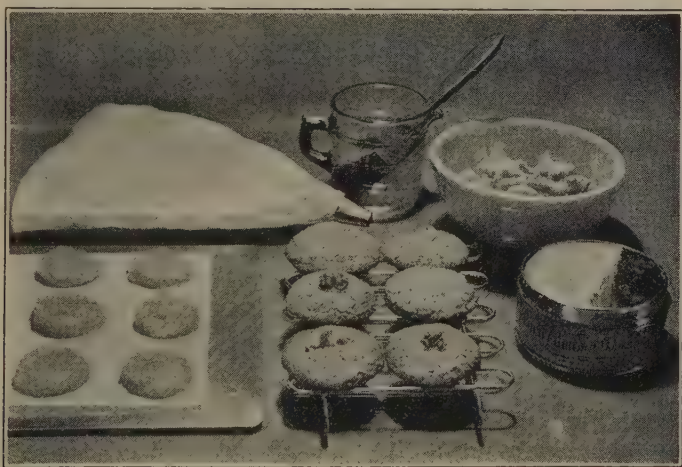
cutter, arrange on slightly buttered cooky sheet, and bake 20 minutes in slow oven (300° F.). Spread with Confectioners' Frosting (p. 678).

CORN FLAKE MACAROONS

1 egg white, beaten stiff
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup shredded coconut

1 cup cornflakes
 $\frac{1}{4}$ teaspoon almond extract
 $\frac{1}{4}$ teaspoon vanilla

Mix in order given. Drop from tip of spoon on buttered sheet and bake 20 minutes in moderate oven (350° F.).



Macaroons May Be Decorated with Nut Meats or Candied Fruit

MACAROONS

$\frac{1}{2}$ pound almond paste, commercial
 or home-made (p. 738)
 1 cup sugar

2 tablespoons pastry flour
 3 egg whites ($\frac{1}{3}$ cup)
 $\frac{1}{2}$ cup powdered sugar

Mix paste thoroughly with hand, add sugar slowly and egg whites. When thoroughly blended, add powdered sugar sifted with flour. Shape, using pastry bag and tube, on cooky sheets covered with thin paper. Let stand, covered, from 5 minutes to 48 hours, pat with fingers dipped in cold water, bake 30 minutes in slow oven (300° F.). Remove from paper by wetting back of paper with cloth wrung out of cold water.

If desired, add finely chopped candied cherries to mixture.

Tops may be decorated before baking with chopped almonds, pignolias, walnut meats, or raisins or bits of cherry. After baking, they may be frosted.

Almond Macaroons. Sprinkle before baking, with almonds blanched and shredded, or chopped.

CRESCENTS

$\frac{1}{2}$ pound almond paste
2 ounces confectioners' sugar

Almonds, blanched and finely chopped
1 egg white (small)

Mix like Macaroons. Shape mixture, which is quite soft, in a long roll. Cut pieces from roll $\frac{3}{4}$ inch long. Roll each separately in chopped nuts, shaping to form a crescent. Bake 20 minutes on buttered cooky sheet in slow oven (300° F.). Cool, and frost with Confectioners' Frosting (p. 678), made thin enough to put on with a brush and flavored with lemon juice until quite acid. Other nuts may be used in place of almonds.

CINNAMON BARS

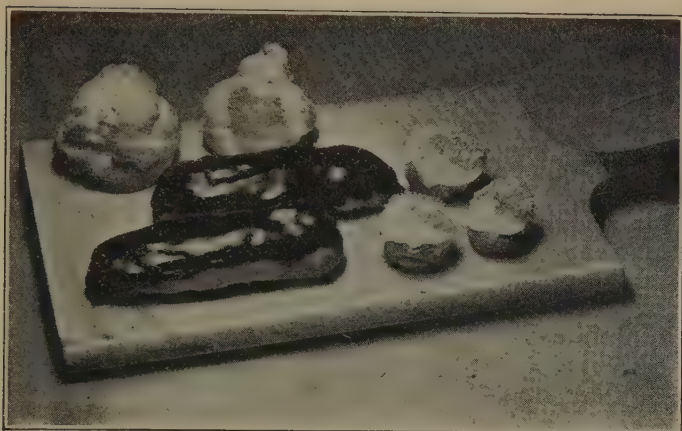
10 ounces almond paste
5 ounces confectioners' sugar

1 egg white
 $\frac{1}{2}$ teaspoon cinnamon

Mix like Macaroons. Dredge a board with sugar, knead mixture slightly, and shape in a long roll. Pat, and roll $\frac{1}{4}$ inch thick, using a rolling-pin. After rolling, the piece should be 4 inches wide. Spread with frosting made of 1 egg white and $\frac{2}{3}$ cup confectioners' sugar beaten together until stiff enough to spread. Cut in strips 4 inches long by $\frac{3}{4}$ inch wide. This must be quickly done, as a crust soon forms over frosting. To accomplish this, use 2 knives, one placed through mixture where dividing line is to be made, and the other used to make a clean, sharp cut on both sides of first knife. Knives should be kept clean by wiping on a damp cloth. Remove strips as soon as cut to a cooky sheet, greased with lard, and then floured. Bake 20 minutes in slow oven (300° F.).

CUP CAKES

Use any cake recipe, reducing flour by 1 tablespoon for each cup flour in recipe. Bake in individual tins or paper cups.



Cream Puffs (Large and Very Small) and Éclairs

CREAM PUFF OR CHOUX PASTE

$\frac{1}{4}$ cup butter
 $\frac{1}{2}$ cup boiling water

$\frac{1}{2}$ cup bread flour
 2 eggs, unbeaten

Add butter to water, heat until butter melts, add flour all at once, and stir vigorously until ball forms in center of pan. Remove from fire, add eggs one at a time, beating after adding each egg. Mixture should be very stiff. Makes 6 large puffs, 18 tiny ones.

Cream Puffs or Cream Cakes. Shape on buttered cooky sheet by dropping from spoon or using pastry bag and tube. Bake until free from beads of moisture (40 to 45 minutes), in moderately hot oven (375° F.). If in doubt, remove one from oven to test. Fill with whipped cream, Cream Filling (p. 672), Chocolate Cream Filling (p. 672), Coffee Cream Filling (p. 672), or Strawberry Filling (p. 676).

Éclairs. Shape with pastry bag and tube 1 by 4½ inches. Bake. Split, and fill as desired. Frost with Confectioners' Frosting (p. 678) or add $\frac{1}{3}$ cup melted Fondant (p. 738) to frosting and dip tops of Éclairs in hot frosting.

Chocolate Pâte à Choux Rings. Shape in rings 3½ inches in diameter. Bake, cool, split, and fill with whipped cream. Cover with Berkshire Chocolate Frosting (p. 680) and sprinkle with blanched and shredded Jordan almonds.

COCONUT CAKES

2 cups fresh grated coconut
1 egg white

2 tablespoons corn sirup
7 tablespoons sugar

Cook coconut, corn sirup, and sugar in double boiler until mixture clings to spoon. Add egg white, stir vigorously, and cook until mixture feels sticky when tried between the fingers. Spread in a wet pan, cover with wet paper, and chill. Shape in small balls, first dipping hands in cold water. Arrange on slightly heated cooky sheet greased with white wax, paraffin, or olive oil. Bake 20 minutes in slow oven (300° F.).

CHOCOLATE COCONUT CAKES

2 squares chocolate
1½ cups condensed milk

½ pound coconut or 4 cups (about)
1 teaspoon baking powder

Melt chocolate, add to condensed milk with enough coconut to hold shape. Add baking powder, shape by spoonfuls on buttered cooky sheet. Bake 10 to 15 minutes in moderately slow oven (325° F.).

COCONUT SNOWBALLS

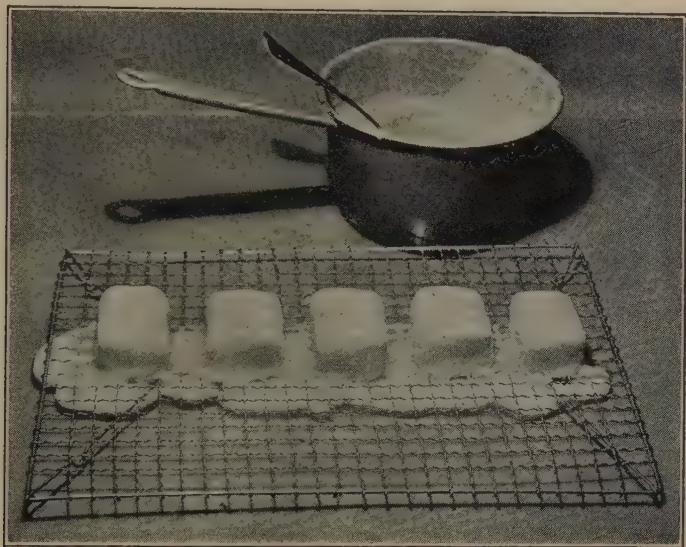
Cut Angel Food into small cubes or pull into irregular pieces. Roll in White Mountain Cream (p. 681) or Ice Cream Frosting (p. 681), then in grated coconut. Place on wax paper to dry.

PETITS FOURS

Bake Cream Sponge Cake (p. 652), Angel Cake (p. 654), Prize Cake (p. 656), or Newport Pound Cake (p. 661) in shallow pan. Cool and cut in strips 1¼ inches thick. Cut in rectangles or triangles. Arrange cakes in rows on a cake cooler with a fine mesh, allowing plenty of space between the pieces of cake. Have spotlessly clean marble or enamel table or pan beneath cake cooler.

Heat Petits Fours Frosting (p. 679) over hot water until of right consistency to spread. Start pouring over a row of cakes *on to the table*, moving steadily to end of row and then back over them. Lift cake cooler gently, then move it back and forth to loosen the

dripping frosting. Scrape up frosting on the table, reheat, and use for other cakes. Let cakes dry, and then remove from cooler with small spatula, and trim bottom edges with a sharp knife.



Move Cake Cooler with Petits Fours

To Decorate Cakes. Make borders, flowers, or other designs with colored Royal Frosting (p. 679) or Ornamental Frosting (p. 682) put on with pastry bag and tube, or use tiny colored candies, chocolate shot, confectioner's decorations, sliced gumdrops arranged like flowers, nut meats, coconut, or candied fruits, etc.

LADY FINGERS

3 egg whites	$\frac{1}{3}$ cup bread flour
$\frac{1}{3}$ cup powdered sugar	$\frac{1}{8}$ teaspoon salt
2 egg yolks	$\frac{1}{2}$ teaspoon vanilla

Beat egg whites until stiff but moist, add sugar gradually, and continue beating. Add egg yolks, beaten until thick and lemon-colored, and flavoring. Cut and fold in flour mixed and sifted with salt. Bake in lady finger tins or shape 1 by $4\frac{1}{2}$ inches on a cookie sheet covered with un buttered paper, using pastry bag and

plain hole tube. Sprinkle with powdered sugar and bake 12 minutes in moderate oven (350° F.). Remove from paper with knife. Use for lining molds to be filled with whipped cream mixtures, serve with frozen desserts, or put together in pairs with a thin coating of whipped cream between.

Sponge Drops. Drop mixture from tip of spoon on unbuttered paper. Sprinkle with powdered sugar and bake 12 minutes in moderate oven (350° F.).

MOCHA CAKES

Bake a sponge-cake mixture in sheets. Shape in small rounds and cut in 3 layers. Put layers together with a thin coating of Chocolate Butter Frosting (p. 685). Spread frosting around sides and roll in shredded coconut. Ornament top with frosting forced through pastry bag and tube, using the rose tube. Begin at center of top and coil frosting around until surface is covered. Garnish center of top with a candied cherry.

LEMON QUEENS

$\frac{1}{4}$ cup butter	2 egg yolks
$\frac{1}{2}$ cup sugar	$\frac{5}{8}$ cup flour
Grated rind $\frac{1}{2}$ lemon	$\frac{1}{4}$ teaspoon salt
1 teaspoon lemon juice	$\frac{1}{8}$ teaspoon soda (scant)
2 egg whites	

Cream butter, add sugar gradually, and continue beating. Add grated rind, lemon juice, and egg yolks beaten until thick and lemon-colored. Mix and sift soda, salt, and flour; add to first mixture and beat thoroughly. Add egg whites beaten stiff. Bake 10 to 25 minutes in small tins in moderate oven (350° F.).

ALMOND CAKES

$\frac{1}{2}$ cup butter	2 eggs
$\frac{3}{4}$ cup sugar	$1\frac{1}{8}$ cups flour
$\frac{1}{3}$ cup milk	2 teaspoons baking powder
1 cup Jordan almonds, blanched and cut in pieces	

Mix ingredients in order given and bake in individual cake tins in moderate oven (350° F.).

CHOCOLATE CAKES

3 eggs, beaten until light	3 squares chocolate, melted
$\frac{1}{4}$ cup butter	1 cup moist bread crumbs,
$\frac{1}{2}$ cup sugar	packed solidly
3 tablespoons flour	

Cream butter, add sugar, eggs, chocolate, bread crumbs, and flour. Spread mixture in shallow buttered pan and bake in moderately slow oven (325° F.). Shape with tiny biscuit cutter and put together in pairs with White Mountain Cream (p. 681) between and on top.

CHOCOLATE VIENNA CAKES

$\frac{3}{4}$ cup butter	$1\frac{1}{2}$ cups flour
$\frac{7}{8}$ cup sugar	3 teaspoons baking powder
5 egg yolks	5 egg whites
4 squares unsweetened chocolate	Apricot or Orange Marmalade

Mix ingredients in order given and bake in small tins in moderate oven (350° F.). Remove from tins, cool, take out a small portion of cake from the center of each, and fill cavity with marmalade. Cover tops of cake with Marshmallow Frosting (p. 681) or Boiled Chocolate Frosting (p. 681).

MARGUERITES I

2 eggs, slightly beaten	$\frac{1}{8}$ teaspoon salt
1 cup brown sugar	1 cup pecan nut meats,
$\frac{1}{2}$ cup flour	cut in small pieces
$\frac{1}{4}$ teaspoon baking powder	

Mix in order given. Fill small buttered tins $\frac{2}{3}$ full of mixture and place pecan nut meat on each. Bake 8 to 15 minutes in moderate oven (350° F.).

MARGUERITES II

$\frac{1}{3}$ cup butter	1 egg, well beaten
$\frac{1}{3}$ cup powdered sugar	$\frac{1}{8}$ cup bread flour
$\frac{1}{3}$ cup Puerto Rico molasses	1 cup pecan meats, cut in pieces

Mix ingredients in order given. Bake in small, shallow, fancy cake tins, garnishing top of each cake with $\frac{1}{2}$ pecan.

SALTINA MARGUERITES

1 $\frac{1}{2}$ cups sugar	2 tablespoons shredded coconut
$\frac{1}{2}$ cup water	$\frac{1}{4}$ teaspoon vanilla
5 marshmallows	1 cup English walnut meats
2 egg whites	Saltines

Boil sugar and water until sirup will thread. Add marshmallows cut in pieces. Pour on egg whites beaten until stiff; add coconut, vanilla, and nut meats. Spread saltines with mixture and bake until delicately browned.

MARSHMALLOW TEAS

Marshmallows	Unsweetened wafer crackers
Butter	Candied cherries, halved

Place 1 marshmallow on each cracker. Make deep impression in each and put in $\frac{1}{4}$ teaspoon butter. Bake until marshmallows spread and nearly cover crackers. Put piece of cherry in each cavity.

CHAPTER 49

SANDWICHES

Bread for Sandwiches. Use white, Graham, Boston brown, rye, or nut bread, preferably 24 hours old. If whole loaf is to be used, cut off crusts before slicing. Save crusts, cut in strips, butter generously, and toast in oven to serve with soup.



*Sandwiches for a Porch Supper — Cucumber and Brown Bread,
Salmon and White Bread*

Creamed Butter. Let stand, covered, in room temperature for 10 minutes or more. Work with wooden spoon until soft or beat in electric beater until light and fluffy.

To Keep Sandwiches. Wrap in wax paper or cloth. If cloth is used, dampen half of it, fold, and put dry part next to sandwiches. Keep in refrigerator in covered receptacle.

PLAIN SANDWICHES

Spread slices sparingly with creamed butter before cutting from loaf. Slice thin and spread half the slices with prepared filling, having filling go well to edges and corners. Cover with remaining slices, press gently together, and cut in desired shapes, which may be squares, strips, oblongs, triangles, diamonds, rounds, or other fancy shapes.

ROLLED SANDWICHES I

Spread thin slices of very fresh, fine-grained bread with creamed butter or other filling, such as seasoned cream cheese, roll, fasten with toothpicks, and chill. Remove toothpicks before serving. Tuck a sprig of parsley, mint or watercress in end of sandwiches as garnish. These sandwiches may be brushed with melted butter and toasted.

Asparagus Rolled Sandwiches. Wrap slice of buttered bread tightly around small asparagus tips.

Dill Pickle Rolls. Wrap slice of buttered bread around dill pickle. Chill thoroughly. Cut in slices.

ROLLED SANDWICHES II

Cut slice lengthwise of loaf, spread with creamed butter and filling, roll like Jelly Roll, wrap tightly in dry towel, then in slightly moist one, and put in cold place. When ready to serve, cut in thin slices.

RIBBON SANDWICHES

Put three or more slices of bread together with creamed butter or other soft filling. Have bread $\frac{1}{4}$ inch thick. Wrap tightly in damp cloth and press under weight. Cut in $\frac{1}{4}$ -inch slices just before serving. Use all white bread or alternate slices of white and dark bread.

Chicken and Ham. Use chopped ham highly seasoned and moistened with cream, chopped fowl moistened with Mayonnaise (p. 490), and chopped nut meats moistened with Mayonnaise.

Pepper. Chop red and green peppers separately very fine. Wring in cheesecloth. Moisten with Mayonnaise. Use in alternate layers.

Tongue and Gruyère. Use brown and white bread alternately. Fill layers alternately with cold-boiled tongue and Gruyère cheese.

MOSAIC OR CHECKERBOARD SANDWICHES

Cut 3 slices each of white and Graham bread $\frac{1}{2}$ inch thick. Spread a slice of white bread with creamed butter and place a slice of Graham on it; spread this with creamed butter and place on it a slice of white bread; repeat this process, beginning with a slice of Graham. Put both piles in a cool place under a light weight. When butter has become firm, trim each pile evenly, and cut each pile in 3 half-inch slices. Spread these with butter and put together in such a way that a white block will alternate with a Graham one. Place again in a cool place under a light weight, and when butter has become perfectly hard, cut in thin slices for serving.

OPEN SANDWICHES OR CANAPÉS

Spread slice of bread (cut in desired shapes) with creamed butter, then with filling. Decorate with nut meat, bit of cherry or watercress, slice of stuffed olive, chopped nuts, etc.

See p. 119 for special canapé recipes.

TOASTED SANDWICHES

Spread sandwiches with filling but no butter. Brush outside with melted butter and toast in broiling oven or sauté in butter in heavy frying pan or table grill. Rolled sandwiches with mushroom filling are well liked.

FILLINGS FOR TOASTED SANDWICHES

Mild cheese, sprinkled with salt and cayenne (Cheese Dreams)

Cream cheese, moistened with French Dressing (p. 486) and sprinkled with chopped pecan nut meats. (Use Graham bread.)

Chopped chicken, moistened with White Sauce (p. 191) or stock.

Mushrooms, chopped, fried (sautéed) in butter, and moistened with Thick White Sauce (p. 192). Season with salt, pepper, and paprika.

Orange marmalade (Commonwealth Sandwiches)

CLUB SANDWICH I

Butter fresh toast, arrange on it a piece of lettuce spread with mayonnaise, a thin slice of chicken or turkey and a thin slice of cooked bacon. Cover with second piece of toast and repeat. Cover with toast and cut in half diagonally. Garnish with pickles and sliced tomatoes or put sliced tomatoes in sandwiches.

CLUB SANDWICH II

Arrange lettuce leaves on 4 triangles of toast. Cover alternate pieces with thin slices of cooked chicken; cover other pieces with slices of tomato and cooked bacon. Garnish with stiff Mayonnaise (p. 490) put through a pastry bag and tube.

SANDWICH FILLINGS

(Special recipes are given for the more elaborate ones)

Creamed butter, plain or seasoned with Anchovy Sauce, honey, grated horseradish, lemon juice, and salt or canned pimienta, drained and forced through purée strainer

Carrot, raw, grated mixed with Mayonnaise on lettuce

Caviare, sprinkled with lemon juice and salt

Cucumbers, chopped and moistened with Mayonnaise

Cream Cheese, seasoned, plain, or mixed with

Olives, chopped

Nut meats, chopped

Black walnut meats, coarsely cut or coconut or Deviled Almonds
(p. 189) sprinkled thickly on cheese (open sandwich)

Finely chopped chicken or ham

Olives and nut meats, chopped

Canton ginger, chopped

Crushed pineapple and chopped pecan nut meats

Watercress, chopped or in sprays

Strawberry jam spread on the cheese

Guava jelly spread on the cheese

Gruyère cheese, grated, mixed with chopped walnut meats, and seasoned with salt and cayenne

Swiss cheese, sliced, dotted with prepared mustard. (Use rye bread.)

Dates, chopped and moistened with orange juice

Hard-cooked eggs, finely chopped, mixed with

Mayonnaise or Cream Dressing

Chopped pickle and salad dressing

Soft butter and seasoned with Anchovy paste

Chutney

Preserved Canton ginger in thin slices

Lettuce, cut in strips with scissors. Season with small amount of Mayonnaise.

Lobster, chopped and seasoned with salad dressing or cayenne, mustard, and lemon juice. Use on lettuce if desired.

Orange marmalade. Especially good with nut bread.

Sardines, skinned, boned and mashed to a paste. Mix with equal quantity hard-cooked egg yolks, rubbed through a sieve. Season with salt, cayenne and few drops lemon juice. Moisten with olive oil or melted butter.

Cold meat, thinly sliced, such as Ham, Beef, Chicken, Tongue, etc.

Cold meat, chopped, such as

Ham, moistened with Tartare Sauce (p. 207)

Chicken, moistened with Mayonnaise, Cream Dressing, or Chicken Stock

Peanuts, finely chopped and seasoned with salt. (Use Steamed Brown Bread.)

Peanut butter, plain or moistened with salad dressing

Cooked salmon, flaked and mixed with chopped cucumber or pickle or both and Mayonnaise

Shrimp, mashed with fork and seasoned to taste with French Dressing or Mayonnaise or both. Shrimp may be mixed with equal quantity of cream cheese.

Tomatoes, sliced, drained, and salted or dipped in French Dressing with or without Mayonnaise (open or closed sandwich)

Tomato Aspic (p. 426), cut in pieces to fit

Watercress, sprinkled with salt or chopped and mixed with Mayonnaise

CHEESE AND ANCHOVY SANDWICHES

Cream 2 tablespoons butter, add $\frac{1}{4}$ cup grated mild cheese and 1 teaspoon vinegar. Season with salt, paprika, mustard, and Anchovy Sauce.

OPEN CHEESE AND BACON SANDWICH

3 eggs, beaten until light	$\frac{1}{2}$ teaspoon paprika
$\frac{3}{4}$ pound soft cheese, grated or put through food chopper	Few grains cayenne
$1\frac{1}{2}$ teaspoons table sauce	8 slices bread, $\frac{1}{8}$ inch thick
$\frac{3}{4}$ teaspoon salt	$\frac{3}{4}$ pound bacon, in very thin slices, length of slice of bread

Combine first 6 ingredients and mix well. Spread on bread. Make bacon still thinner by pressing each strip on board with broad knife or cut in tiny squares. Cover cheese with bacon and bake 8 to 10 minutes under gas flame, or in hot oven.

CHICKEN CREAM SANDWICH FILLING

$\frac{3}{4}$ cup chopped, cooked fowl	2 tablespoons butter
$\frac{1}{4}$ cup chopped celery	2 egg whites
1 hot boiled onion	$\frac{1}{2}$ teaspoon salt
1 cup milk	$\frac{1}{8}$ teaspoon pepper
3 tablespoons flour	Lemon juice

Mix fowl (preferably white meat), celery, and onion forced through purée strainer, and add milk; then add flour mixed with butter worked until creamy. Bring to boiling point and simmer 3 minutes; add egg whites beaten until stiff and seasonings. Turn into small mold and let stand in cold place 12 hours. Remove from mold and cut in slices.

CHICKEN AND HAM SANDWICH FILLING

$\frac{1}{3}$ cup butter	$\frac{1}{2}$ cup finely chopped, cooked ham
$\frac{1}{2}$ cup finely chopped, cooked chicken	Salt and paprika

Cream butter, add chicken and ham. Season to taste.

LOBSTER-AND-EGG SANDWICH FILLING

Mix an equal quantity of finely chopped lobster meat and the yolks of hard-cooked eggs forced through a sieve. Moisten with melted butter and season with prepared mustard, beef extract diluted with a very small quantity of boiling water, and salt.

SALMON SANDWICH FILLING

$\frac{1}{2}$ cup cooked salmon, flaked	1 tablespoon cucumber pickle,
White of 1 hard-cooked egg,	chopped fine
chopped fine	Salt and paprika
Cream Dressing (p. 494)	

Mix salmon, egg white, and pickle. Season. Moisten with dressing.

SHRIMP AND CHICKEN LIVER SANDWICH FILLING

$\frac{1}{2}$ cup shrimps	$\frac{1}{2}$ Bermuda onion
$\frac{1}{2}$ cup cooked chicken livers	Salt
$\frac{1}{2}$ red pepper	Mayonnaise (p. 490)

Mix and force through food chopper shrimps, livers, pepper (from which seeds have been removed), and onion. Season with salt and moisten with Mayonnaise.

SPANISH SANDWICH FILLING

2 anchovies	1 teaspoon prepared mustard
2 pickles	2 tablespoons salad oil
1 sprig parsley	2 tablespoons vinegar
3 tablespoons capers *	2 hard-cooked eggs, finely chopped
Salt and paprika	

Pound first 7 ingredients in mortar. Add eggs and season.

GINGER PECAN SANDWICH FILLING

$\frac{1}{4}$ cup finely chopped Canton ginger	2 tablespoons finely cut orange pulp
$\frac{1}{4}$ cup finely chopped pecan nut meats	1 tablespoon ginger sirup
	1 teaspoon vinegar
	Few grains salt

Mix ingredients in order given.

PRUNE SANDWICH FILLING

6 French prunes, stoned and finely chopped	$\frac{1}{4}$ cup sugar
7 walnut meats, chopped	$\frac{1}{4}$ cup water
	Salt, paprika, and lemon juice

Boil sugar and water 5 minutes and use enough to moisten prunes and nuts mixed together. Season to taste.

CHAPTER 50

NUTS AND CONFECTIONS

Measure flavors with medicine droppers, as delicacy is essential with candies. Candies containing milk, cream, butter, chocolate or molasses, boil up high and should be cooked in kettles 3 or 4 times larger than volume of ingredients. Aluminum is the best container to use for candy making.

A candy thermometer which registers up to 320° F. is a great aid in obtaining accurate and uniform results in making candy. Test accuracy of thermometer in boiling water; it should register 212° F.

Place thermometer in water and bring to boiling point, then transfer to sugar sirup, to avoid heating it too suddenly. When removing thermometer from candy, place immediately in very hot water and allow it to cool slowly.

TESTS FOR SUGAR SIRUP

Boil a degree or two higher in summer or humid weather.

Crystal sirup.....	220° F.
Soft ball.....	234° F.
Medium ball.....	240° F.
Stiff ball.....	244° F.
Hard ball.....	250° F.
Light crack	264° F.
Medium crack.....	272° F.
Hard crack	290° F.

TO BLANCH NUTS

Almonds, Pistachio Nuts, and English Walnuts. Cover with boiling water, let stand two minutes. Drain, put in cold water, rub off skins, and dry on towel.

Filberts. Cover with boiling water, let stand six minutes, drain, remove skins with sharp vegetable knife.

SALTED NUTS

(Almonds, Filberts, Peanuts, Walnuts, or Pecans, etc.)

Blanch almonds and filberts. Use raw peanuts and remove skins. Use whole pecan or walnut meats, etc.

I. For each cup of nuts, heat, in small frying pan, $\frac{1}{2}$ cup olive oil, or butter. Put in enough nut meats at a time to cover bottom of pan and stir until delicately browned. Remove with spoon or small skimmer, taking up as little oil as possible. Drain on brown paper and sprinkle lightly with salt. Avoid cooking nut meats (especially pecans) too long, as they darken after being removed from fat.

II. Sprinkle nuts with olive oil. Brown in hot oven (400° F.), stirring occasionally. Remove from oven and sprinkle with salt.



Marzipan Apples and Sugared Almonds for Christmas

SUGARED ALMONDS

$\frac{1}{2}$ pound almonds, blanched

1 cup sugar

1 teaspoon vanilla

$\frac{1}{2}$ teaspoon cinnamon

$\frac{1}{2}$ cup water

Cook sugar and water 5 minutes in heavy iron frying pan, add nuts and cook and stir until sirup begins to look white and slightly sugared. Add flavorings and set pan aside 10 minutes. Set over low heat on asbestos mat and stir constantly until sugar starts to melt. Pour on cake cooler over wax paper. Separate to dry.

SPICED NUTS

1 cup nut meats (almonds, pecans, English walnuts, Brazil nuts)	1 tablespoon cinnamon $\frac{1}{8}$ teaspoon each, ground cloves, nutmeg
$\frac{1}{4}$ cup sugar	1 egg white, slightly beaten

Mix spices and sugar in small bowl. Add nut meats to egg white, a few at a time and rub between fingers to coat thoroughly. Toss into bowl of sugar and spices. Completely coat, place on buttered cooky sheet. Bake in slow oven (300° F.) 30 minutes.

STUFFED DATES

Wash and stone. Stuff with any of the following and roll in powdered or granulated sugar or shake (4 to 6 at a time) in paper bag containing $\frac{1}{4}$ cup sugar. One teaspoon cinnamon may be mixed with sugar.

English walnut meats, broken in pieces

Pecan nut meats, broken in pieces

Salted almonds

Brazil nuts, skinned

Candied ginger, cut fine

Candied pineapple, cut fine

Fondant (p. 738).

Peanut butter, mixed with orange juice

Marshmallow, quartered. Dip cut edge in coconut

STUFFED FIGS

Do not use pressed figs. Wash, dry, make an opening in each, stuff with chopped salted almonds, half a marshmallow, and an English walnut meat, broken in pieces, or maraschino cherries and pecan nut meats. Roll in granulated sugar.

STUFFED PRUNES

Wash, stone, and stuff with stoned prunes or dates, chopped nuts, or Fondant (p. 738). Roll in sugar. Prunes may be steamed until tender before stuffing.

FRUIT ROLL $\frac{3}{4}$ cup raisins $\frac{1}{4}$ cup walnut meats

Few grains salt

Wash raisins, dry, put through food chopper with nuts. Mix well, salt to taste, and shape in small roll. Slice.

FRUIT BARS

1 cup figs

1 cup dates

2 cups English walnut meats

Stem figs, stone dates, mix with nuts, and put through food chopper. Mix thoroughly and press firmly $\frac{3}{4}$ inch thick in buttered pan. Cut in squares or shape in balls. Roll in powdered sugar.

CHOCOLATE DOMINOES $\frac{1}{2}$ cup pecan nut meats $\frac{1}{2}$ cup dates $\frac{1}{2}$ cup English walnut meats

Grated rind 1 orange

 $\frac{1}{2}$ cup figs

1 tablespoon orange juice

1 square chocolate, melted

Mix nut meats, figs, and dates, and force through food chopper, or chop finely. Add remaining ingredients, toss on board sprinkled with powdered sugar, and roll $\frac{1}{3}$ inch thick. Cut in domino shapes, spread thinly with melted chocolate, and decorate with small pieces of blanched almonds to imitate dominoes.

POP CORN

$\frac{1}{2}$ cup pop corn (to yield $1\frac{1}{2}$ quarts when popped).

Put corn in popper, shake over low heat until kernels begin to pop. Shake rapidly until popping stops, and remove from fire. Sprinkle with salt.

Buttered Pop Corn. Melt 3 tablespoons butter in large saucepan, add corn, and stir until thoroughly coated. Sprinkle with salt.

Sugared Pop Corn. Melt 2 tablespoons butter in pan. Add $1\frac{1}{2}$ cups brown sugar and $\frac{1}{3}$ cup water. Boil 16 minutes or to the soft ball stage (234° F.). Pour over corn and stir until every kernel is well coated with sugar.

CORN BALLS

5 quarts popped corn	$\frac{1}{2}$ cup white corn sirup
2 cups sugar	$\frac{1}{8}$ teaspoon salt
$1\frac{1}{2}$ cups water	1 teaspoon vinegar
1 tablespoon vanilla	

Put perfect kernels in large pan. Boil sugar, water, and corn sirup without stirring to 260° F., or until it cracks when tried in cold water. Add vinegar, salt, and vanilla and boil to 264° F. Pour slowly over corn, stirring and turning with a spoon to coat each kernel evenly. Make into balls, let stand in cold place until brittle. Wrap in wax paper.

MOLASSES CORN BALLS

3 quarts popped corn	$\frac{1}{2}$ cup sugar
1 cup molasses	1 tablespoon butter
$\frac{1}{2}$ teaspoon salt	

Pick over corn, discarding hard kernels, put in large pan, and sprinkle with salt. Melt butter and add molasses and sugar. Boil until mixture will become brittle when tried in cold water (270° F.). Pour mixture gradually, while stirring constantly, over corn. Shape into balls, using as little pressure as possible. Wrap in wax paper.

CANDIED ORANGE PEEL

Remove peel from 4 oranges in lengthwise sections, cover with cold water, bring to boiling point, and cook slowly until soft. Drain, remove white part with spoon, and cut peel in thin strips with scissors. Put 1 cup sugar, $\frac{1}{2}$ cup water, 2 tablespoons corn sirup, and peel in saucepan. Cook peel slowly until clear (230° F.). Cool on plate, roll in granulated sugar. If drier product is desired, omit corn sirup.

Chocolate Dipped Orange Peel. Do not roll in sugar, but dip, separately, in melted coating chocolate. Dry on wax paper.

CANDIED GRAPEFRUIT PEEL

Wipe 3 grapefruit and remove peel in 6 sections lengthwise of fruit. Soak overnight in 1 quart cold water to which has been added 1 tablespoon salt. Drain, cover with cold water, bring to

boiling point, and boil 20 minutes. Repeat 3 times and cook in the last water until soft (about 4 hours). Drain and cut in strips $\frac{1}{8}$ inch wide. Weigh peel, put an equal weight of sugar in saucepan, and add half as much water and 2 tablespoons corn sirup. Bring to boiling point, add peel, cover, and cook until clear or to 230° F. Remove to plate, taking up as little sirup as possible. Cool, roll each piece in powdered sugar, and spread out to dry. Store in glass jars. If drier product is liked, omit corn sirup.

CRYSTALLIZED MINT LEAVES

Wipe fresh mint leaves, remove from stems, and brush each leaf with egg white beaten until stiff. Dip in $\frac{1}{3}$ cup granulated sugar flavored with 5 drops oil of spearmint. Place closely together on a cake rack covered with paraffin paper and let stand in slow oven until dry. If the leaves are not thoroughly coated, the process may be repeated.

GLACÉ NUTS

2 cups sugar 1 cup boiling water $\frac{1}{8}$ teaspoon cream of tartar

Put ingredients in smooth saucepan, stir, place on range, and heat to boiling point. Wash down sugar which adheres to sides of pan as in making fondant. Boil without stirring until sirup begins to discolor (310° F.). Remove saucepan from fire and place in larger pan of cold water to stop boiling instantly. Remove from cold water and place in saucepan of hot water during dipping. Take nuts separately on long pin or skewer, dip in sirup to cover, remove from sirup, and place on oiled cooky sheet.

GLACÉ FRUITS

Use white grapes, strawberries, sections of mandarins and oranges, kumquats, candied cherries, etc. Take grapes separately from clusters, leaving a short stem on each grape. Dip in sirup made as for Glacé Nuts, holding by stem with pinchers. Remove to oiled tin. Glacé fruits keep only one day. They should only be attempted in cold clear weather.

PEANUT BRITTLE I

1½ cups shelled, raw peanuts	½ cup corn sirup
¼ teaspoon salt	½ cup water
1 cup sugar	1½ tablespoons butter
½ teaspoon lemon extract	

Sprinkle nuts with salt and warm in oven. Put sugar, corn sirup, and water in pan, stir until it begins to boil, wash down sides with wet pastry brush, and cook to 295° F. or until mixture is very brittle when tried in cold water. Add butter, flavoring, and nuts, pour into shallow, buttered pan. As soon as it can be handled, turn the mass over and pull and stretch it out as thin as possible. Break in irregular pieces.

PEANUT BRITTLE II (PEANUT NOUGAT)

2 cups sugar	1 cup chopped, roasted peanuts	Few grains salt
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Melt sugar in heavy pan, stirring constantly until it is a thin sirup. Add nuts and salt. Stir until well coated and spread thinly in greased pan. When nearly cold, mark in squares.

NUT BRITTLE

Use almonds, Castaneas, or English walnuts, or a combination of nuts, and make like Peanut Brittle I or II.

CHARLESTON BENNÉ CANDY

Use benné seed and make like Peanut Brittle II.

NUT BAR

Cover bottom of buttered, shallow pan with 1½ cups nut meats (Castaneas, English walnuts, or almonds) cut in quarters. Pour over 2 cups sugar, melted as for Peanut Brittle II. Mark in bars.

FRENCH NOUGAT

1 cup confectioners' sugar	¼ pound almonds, finely chopped
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Melt sugar in heavy pan, stirring constantly. Add nuts and pour on oiled marble slab. Fold mixture as it spreads with a broad-bladed knife, keeping it constantly in motion. Divide in 4 parts, and as soon as cool enough to handle, shape in long rolls

about $\frac{1}{3}$ inch in diameter, keeping rolls in motion until almost cold. When cold, hold roll over the sharp edge of a broad-bladed knife and snap in pieces $1\frac{1}{2}$ inches long.

Dipped French Nougat. Melt confectioners' chocolate over hot water, beat with fork until light and smooth, and when slightly cooled, dip pieces in chocolate. With a two-tined fork or bonbon dipper remove from chocolate to oiled paper, drawing dipper through top of each the entire length, thus leaving a ridge.

VELVET MOLASSES CANDY

$\frac{1}{2}$ cup molasses	$1\frac{1}{2}$ tablespoons vinegar
$1\frac{1}{2}$ cups sugar	$\frac{1}{4}$ teaspoon cream of tartar
$\frac{1}{2}$ cup water	4 tablespoons melted butter
	$\frac{1}{8}$ teaspoon soda

Cook molasses, sugar, water, and vinegar in heavy pan, stirring constantly. When boiling point is reached, add cream of tartar. Boil until mixture is brittle when tried in cold water (256° F.). Stir constantly during last part of cooking. When nearly done, add butter and soda. Pour into buttered pan. When cool enough to handle, pull until porous and light colored, using tips of fingers and thumbs. While pulling, add 1 teaspoon vanilla, $\frac{1}{2}$ teaspoon lemon extract, few drops oil of peppermint, or few drops oil of wintergreen. Cut in small pieces with sharp knife or scissors.

VINEGAR CANDY

2 tablespoons butter	2 cups sugar	$\frac{1}{2}$ cup vinegar
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Melt butter in heavy pan, add sugar and vinegar. Stir until sugar dissolves, wash down sides of pan with pastry brush dipped in cold water. Boil to 256° F. or until mixture is brittle when tried in cold water. Pull and cut like Velvet Molasses Candy.

AFTER-DINNER MINTS

2 cups sugar	$\frac{1}{4}$ teaspoon cream of tartar
$\frac{3}{4}$ cup boiling water	1 teaspoon vinegar
Few drops oil of peppermint	

Mix sugar, water, cream of tartar, and vinegar in pan. Boil without stirring to 256° F. or until mixture is brittle when tried in cold water. Pour on oiled marble slab or in shallow tray. Cool,

lift (avoiding stirring motion), and pull, keeping grain all one way. Add flavoring during pulling. When candy is too stiff to pull, stretch into long rope, $\frac{1}{2}$ inch thick and cut with scissors into small pieces. Drop into bowl of powdered sugar, stir until well coated. When dry, store in glass jar, cover, and keep in warm place several days before using.

For variety, color with food color and flavor with vanilla, orange, or lemon extract, coffee extract, oil of sassafras, clove or cinnamon, or melted chocolate.

PEANUT CANDY

3 tablespoons butter	$\frac{2}{3}$ cup sugar
2 cups molasses	1 quart peanuts
$\frac{1}{2}$ teaspoon salt	

Melt butter, add molasses and sugar, and boil to 256° F. or until mixture becomes brittle when tried in cold water. Stir in peanuts (shelled, skinned, separated in halves, and sprinkled with salt). Turn into buttered pan, cool slightly, and mark in squares.

BUTTERSCOTCH

1 $\frac{1}{3}$ cups brown sugar	$\frac{2}{3}$ cup butter
2 teaspoons vinegar	$\frac{2}{3}$ cup water
$\frac{1}{2}$ tablespoon vanilla	

Mix sugar, vinegar, butter, and water in pan. Boil without stirring to 290° F., or until candy is very brittle when tried in cold water. Add vanilla, pour into buttered pan, cool slightly, and mark in squares.

PEPPERMINTS

1 $\frac{1}{2}$ cups sugar	$\frac{1}{2}$ cup boiling water	6 drops oil of peppermint
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Put sugar and water in pan, stir until dissolved, boil until sirup spins long thread. Add flavoring, beat until creamy, and drop from tip of spoon on waxed paper. Reheat as mixture becomes too thick.

CHOCOLATE CREAM PEPPERMINTS

(Uncooked Mixture)

2 tablespoons hot, top milk	$\frac{1}{2}$ tablespoon melted butter
1 $\frac{1}{2}$ cups confectioners' sugar	3 drops oil of peppermint
Coating chocolate	

Add sugar to milk gradually; then add butter and peppermint. Work until creamy, using the hands. Shape in balls, flatten, and dip in melted chocolate (p. 740).

WINTERGREEN WAFERS

1 teaspoon granulated gelatine	3 teaspoons boiling water
2 teaspoons cold water	Few drops oil of wintergreen
Confectioners' sugar	

Soak gelatine in cold water 5 minutes, dissolve in boiling water, and strain. Add wintergreen, and gradually sugar enough to knead. Roll very thin on board dredged with sugar. Shape with small, round cutter or cut in squares or fancy shapes. Let stand until dry and brittle. For variety, color with vegetable coloring and flavor with vanilla, orange or lemon extract, clove or cinnamon.

CHOCOLATE FUDGE

2 tablespoons butter	2 squares chocolate
2 cups sugar	2 tablespoons light
$\frac{3}{4}$ cup top milk or thin cream	corn sirup
1 teaspoon vanilla or $\frac{1}{4}$ teaspoon cinnamon	

Cook sugar, milk, chocolate, and corn sirup slowly until chocolate melts, stirring gently. Boil without stirring to 234° F. or until mixture forms soft ball when tried in cold water. Remove from heat, add butter, let stand until cool, and add flavoring. Beat with wooden spoon or work with spatula on marble slab. Pour $\frac{3}{4}$ inch thick in buttered pan and mark in squares.

For variety, add 1 cup nut meats, broken in pieces, or 12 marshmallows cut in pieces.

SOUR CREAM FUDGE

2 squares chocolate	$\frac{2}{3}$ cup sour cream
2 cups sugar	1 teaspoon vanilla
$\frac{1}{8}$ teaspoon salt	

Melt chocolate over hot water, add sugar, mix well, and add cream slowly. Boil without stirring to 234° F. or until mixture forms soft ball when tried in cold water. Pour on marble slab or platter which has been wiped with damp cloth. Leave undisturbed until cool. Add vanilla and salt, work with spatula until thick and creamy. Knead with hands until smooth. Roll $\frac{1}{4}$ inch thick and cut out.

SULTANA FUDGE

2 cups sugar	2 squares chocolate
$\frac{1}{2}$ cup milk	1 teaspoon vanilla
$\frac{1}{4}$ cup molasses	$\frac{1}{2}$ cup English walnut or hickory
2 tablespoons butter	nut meats, cut in pieces
2 tablespoons Sultana raisins	

Put sugar, milk, molasses, and chocolate in pan. Stir and cook until chocolate is melted. Add butter and finish like Chocolate Fudge, adding nuts, raisins, and vanilla. When mixture begins to be creamy, pour into a buttered pan. Mark in squares.

PEANUT BUTTER FUDGE

2 cups sugar	4 tablespoons peanut butter
$\frac{3}{4}$ cup milk	1 teaspoon vanilla
Few grains salt	

Boil sugar and milk without stirring to 234° F. or until mixture forms soft ball when tried in cold water. Remove from fire, let stand undisturbed until cool, add salt, peanut butter, and vanilla. Beat or work like Chocolate Fudge.

PRALINES

$1\frac{7}{8}$ cups powdered sugar	2 cups hickory or pecan nut
1 cup maple sirup	meats, cut in pieces
$\frac{1}{2}$ cup cream	

Boil sugar, sirup, and cream to 234° F. or until mixture forms soft ball when tried in cold water. Remove from fire, let stand until cool. Beat or work like Chocolate Fudge. Add nuts, drop from tip of spoon on waxed paper, or spread in buttered pan, and cut in squares.

MAPLE CREAMS

1 cup cream	2 cups maple sirup
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Boil until a thread forms (234° F.). Cool and beat until thick and creamy. Drop from tip of spoon on waxed paper or spread in buttered pan and cut in squares. Add nuts or raisins, if desired.

PENUCHE (BROWN SUGAR FUDGE)

2 tablespoons butter	$\frac{3}{4}$ cup milk or cream
2 cups brown sugar	$\frac{3}{4}$ cup coconut or chopped peanuts, pecans, walnuts
$\frac{1}{4}$ teaspoon salt	

Melt butter in pan, add sugar and milk or cream, stir until sugar is dissolved. Boil without stirring to 234° F. or until mixture forms soft ball when tried in cold water. Remove from fire, leave undisturbed until cool. Beat or work like Chocolate Fudge. Add coconut or nuts, press in buttered pan, and mark in squares. For variety, use chopped dates or raisins in place of nuts.

DOUBLE FUDGE

Pour any chocolate fudge $\frac{1}{2}$ inch thick in buttered pan. Pour penuche over top. Cut in squares. Other combinations may be used.

DIVINITY FUDGE I

3 cups sugar	3 egg whites, beaten stiff
1 cup boiling water	$\frac{1}{2}$ teaspoon vanilla
1 cup corn sirup	Few grains salt

Mix sugar, water, and sirup. Place over low heat until sugar dissolves. Boil to soft ball stage (234° F.). Pour slowly on egg whites, beating until thick. Flavor and pour into greased pan. Mark in squares. If desired, add nuts, fruit, or coconut, when thick.

DIVINITY FUDGE II

1 $\frac{1}{2}$ cups light brown sugar	1 egg white, beaten until stiff, but not dry
$\frac{1}{2}$ cup cold water	$\frac{1}{2}$ cup chopped nuts
1 teaspoon vinegar	$\frac{1}{2}$ teaspoon vanilla

Boil sugar, water, and vinegar to 240° F. or until mixture forms firm ball when tried in cold water. Pour slowly on egg white, beating until creamy. Add nuts and vanilla and drop in lumps on waxed paper or spread in buttered pan and cut in squares.

VANILLA OPERA FUDGE

2 cups sugar	$\frac{1}{8}$ teaspoon cream of tartar
1 cup heavy cream	$\frac{1}{2}$ teaspoon vanilla

Put sugar and cream in pan, stir until it boils, add cream of tartar, and boil (stirring occasionally to prevent burning) to 234° F. or until mixture forms soft ball when tried in cold water. Pour out and work like Sour Cream Fudge. When creamy, cover with damp cloth half an hour, work in vanilla with hands, and press into shallow box lined with wax paper. Cut in squares when hard. For variety, color and flavor differently or add chopped nut meats or candied fruit.

VANILLA CARAMELS

1 cup sugar	$1\frac{1}{2}$ cups thin cream
$\frac{2}{3}$ cup corn sirup	1 teaspoon vanilla

Put sugar, corn sirup, and $\frac{1}{2}$ cup cream in pan, stir until sugar dissolves. Boil, stirring gently and constantly to 234° F., or until mixture forms soft ball when tried in cold water. Add $\frac{1}{2}$ cup cream, boil as before, and add remaining cream and boil to 244° F. or until mixture forms decidedly firm ball when tried in cold water. Pour into buttered pan. Cool, cut in squares, and wrap in wax paper. If sugary, return to pan, add more cream, and boil again.

For variety, add, just before pouring into pan, 1 cup coconut, 1 cup nut meats broken in pieces, or 8 figs or $\frac{3}{4}$ cup raisins cut in pieces.

Chocolate Caramels. Add 3 squares grated chocolate with last half cup of cream.

SMITH COLLEGE CARAMELS

$2\frac{1}{2}$ tablespoons butter	$\frac{1}{2}$ cup milk
2 cups brown sugar	4 squares unsweetened
2 tablespoons molasses	chocolate
1 teaspoon vanilla	

Melt butter in pan, add sugar, molasses, and milk. Bring to boiling point, add chocolate, and stir constantly until chocolate is melted. Boil to 244° F. or until mixture forms firm ball when tried in cold water. Add vanilla, turn into buttered tin, cool slightly, and cut in squares.

CHAPIN CHOCOLATE CARAMELS

3 tablespoons butter	1 cup molasses
$\frac{3}{4}$ cup cream	4 squares unsweetened chocolate
1 cup sugar	$\frac{1}{2}$ teaspoon vanilla

Melt butter in heavy kettle, add cream, sugar, and molasses. Bring to boiling point and add chocolate, balancing it on a large wooden spoon, that it may melt gradually with no danger of its burning on the kettle. Continue boiling, stirring occasionally, to 244° F., or until mixture forms firm ball when tried in cold water. Add vanilla and turn into buttered pan, having mixture $\frac{3}{4}$ inch thick. When nearly cold, cut in cubes, using scissors or a sharp knife. Wrap in wax paper and let stand in cold place to harden.

NUT CHOCOLATE CARAMELS

To any chocolate caramel mixture add 1 cup chopped nut meats just before taking from fire.

NOUGATINES

$\frac{1}{2}$ cup corn sirup	2 egg whites, beaten until stiff
$\frac{1}{2}$ cup hot water	$\frac{1}{2}$ cup nut meats, chopped
2 cups sugar	1 teaspoon vanilla

Put corn sirup, water, and sugar in pan, stir until sugar dissolves, and boil, without stirring, to 270° F. or until mixture is brittle when tried in cold water. Pour slowly on egg whites, beating until creamy. Add vanilla and, when almost firm, nut meats. Pour into pan lined with rice paper, cover with rice paper, and leave until firm. Cut in pieces about $1\frac{1}{2}$ inches long and $\frac{5}{8}$ inch wide. Wrap in wax paper or dip in melted coating chocolate (p. 740).

For variety, use chopped candied cherries and chopped pistachio nuts.

TURKISH DELIGHT

1 ounce sheet gelatine	Grated rind 1 orange
$\frac{1}{2}$ cup cold water	$\frac{1}{3}$ cup orange juice
2 cups sugar	3 tablespoons lemon juice
$\frac{1}{2}$ cup boiling water	Red food color

Break gelatine in pieces, add cold water, cover, and soak 2 hours. Put sugar and boiling water in pan, stir until it boils, add gelatine,

and simmer 20 minutes. Add flavoring and color. Rinse small bread pan with cold water and put in mixture 1 inch deep. Cool, remove to board, cut in cubes, and roll in confectioners' sugar. If desired, add $\frac{1}{2}$ cup chopped nut meats before pouring into pan.

ALMOND PASTE

1 pound blanched almonds	1 cup water
1 pound sugar	$\frac{1}{2}$ cup orange juice

Grind almonds in meat chopper using finest macerator. Run them through 3 or 4 times until very fine.

Cook sugar and water to 240° F. Mix with almond paste. Add orange juice. Stir until creamy, turn onto a slab dusted with confectioners' sugar, let stand until cool. Pack in clean, air tight containers, store in cool, dry place at least one week. Use as needed.

Almond paste is used as the basis for macaroons, flavoring cakes and cookies, for confections and desserts.

Marzipans. Mold to represent miniature apples, peaches, strawberries, berries, vegetables, etc. Color with vegetable coloring and crystallize.

To Crystallize. The brilliant air-tight coating adds to the appearance as well as the keeping qualities of Marzipans.

Cook 5 pounds sugar with $2\frac{1}{2}$ cups water to 223° F. Do not stir after sugar is dissolved. Remove from fire very gently and let stand quietly until perfectly cold. Place candies to be crystallized in a pan in even rows. Pour the cold sirup carefully over the candies with as little agitation as possible. The sirup must completely cover the candy. Allow to stand for at least 8 hours, pour into a sieve, draining off all of the sirup. Place Marzipans on wire rack to dry. They will be covered with a fine white crystal.

FONDANT (UNCOOKED)

1 egg white	$\frac{3}{4}$ teaspoon vanilla
$\frac{1}{2}$ tablespoon cold water	2 cups confectioners' sugar, sifted

Put egg white, water, and vanilla in bowl, beat until well blended, add sugar gradually until very stiff. Knead with hands until smooth. Color and flavor as desired.

FONDANT

5 cups sugar 1½ cups water ¼ teaspoon cream of tartar

Put sugar and water in smooth pan. While cooking, wash down sides of pan with pastry brush dipped in cold water. Bring to boiling point, stirring constantly. Add cream of tartar, cover, and steam 3 minutes. Remove cover, put in thermometer, and boil to 238° F., or until mixture forms soft ball when tried in cold water. Pour on marble slab or shallow tray wiped over with damp cloth. Cool. Scrape and turn mixture toward center with spatula and work until perfectly smooth. Cover with cloth wrung out of cold water, let stand half an hour, cut in pieces, put in jar, cover with wet cloth or glass cover. Let stand 2 or 3 days before using.

Coffee Fondant. Use very strong black coffee in place of water.

Cream Mints. Melt over hot water, flavor with few drops oil of peppermint, wintergreen, clove, or orange. Color as desired. Drop from tip of spoon on waxed paper.

Dipped Walnuts. Pecans, almonds, etc. Dip in melted fondant.

Maple Fondant. Use half maple sugar and half white sugar.

Cream Nut Bars. Melt, flavor, stir in nut meats cut in pieces, turn in oiled pan, cool, and cut in bars with sharp knife.

BONBONS

Flavor Fondant as desired. Shape in balls or surround pieces of nut meat or candied fruit; leave on board covered with waxed paper until firm and dip.

To Dip Bonbons. Melt Fondant over hot water, flavor as desired, and color with food color. Do not allow fondant to become hot. If too thick, add few drops cold water. Drop one center at a time into melted fondant, stir with two-tined fork or candy dipper until entirely covered, lift up and put on waxed paper, and make coil over top of bonbon with dipper or fork. Stir fondant frequently. Decorate top, if desired, with bit of nut meat, candied fruit, coconut, or ginger.

MARSHMALLOW MINT BONBONS

Cut marshmallows in halves crosswise and flavor with peppermint, by putting a small wooden skewer in a bottle of oil of pepper-

mint, then on the cut surface of the marshmallow. Arrange in layers in a box, cover, and let stand overnight. In the morning, dip in fondant flavored with a few drops oil of peppermint.

CHOCOLATE CREAMS

Dip any Fondant or Fudge in chocolate.

To Dip Chocolates. Coating chocolate must be used. Melt over hot, not boiling water. Beat gently until chocolate feels a little cooler than hand or registers 80° F. to 85° F. on candy thermometer. Drop a center into the chocolate with bonbon dipper or two-tined fork, move around until covered, remove to oiled paper, drawing fork along top of each to make a ridge.

SPUN SUGAR

2 cups sugar

1 cup water

$\frac{1}{8}$ teaspoon cream of tartar

Boil without stirring to 310° F. or until sirup spins a very long thread. Place pan immediately in larger pan of cold water to stop boiling, then set in hot water. Color sirup with vegetable coloring if desired. Place wooden bars (broomstick handles) across chairs 3 feet apart. Spread paper on floor beneath. Dip sugar spinner in sirup and wave swiftly back and forth over bars. Gather up spun sugar from time to time, form into nests, or pile on cold dish. If sirup gets sugary, melt over fire for a moment.

Use as garnish for ice cream. Spun sugar softens quickly in warm weather.

One half teaspoon paraffin helps to retain gloss and hold up sugar.

CHAPTER 51

JELLIES AND FRUIT JUICES

The best jellies are made from fruit juices which are rich in both acid and pectin (the jellifying substance). Such juices are evaporated by cooking until the proportion of pectin to the juice is sufficient to



Jelly-Making Equipment

stiffen the whole (see Jelly Test, p. 743). Fruits in the following list have sufficient pectin and acid to jell. Choose underripe fruit, since pectin and acid content decrease as the fruit ripens.

Sour apples
Crab apples
Sour blackberries
Currants (red)

Gooseberries
Eastern grapes
Sour guavas
Grapefruit
Sour prunes

Lemons
Loganberries
Sour oranges
Plums

Juices of ripe fruit or fruit naturally deficient in either acid or pectin may be made into jelly by combining with fruit juices high in the required quality, or with extracted pectin, commercial or homemade. Such juices are:

Apricots	Raspberries	Unripe pears
Figs	Rhubarb	Overripe fruit
Peaches	Strawberries	

Juice of ripe fruit may also be made into jelly by combining with an equal amount of juice from some underripe fruit. The advantage of this method is that ripe fruit may be used when flavor and color are at their best. Jams and jellies may be made from canned or dried fruit or bottled juices at all times of the year.

TO EXTRACT FRUIT JUICES

To Make a Jelly Bag. Fold two opposite corners of a piece of cotton-and-wool flannel three fourths of a yard long. Sew up in the form of a cornucopia, rounding at the end. Fell the seam to make more secure. Bind the top with tape and finish with two or three heavy loops by which it may be hung, or use double cheese-cloth, tying opposite corners together. Hang from a hook.

To Prepare Fruit. Pick over fruit. Wash. If fruit is to be used without added pectin, discard overripe fruit. Crush berries, currants, and grapes in kettle. Cut other fruits in pieces or slices. Pare pineapple but do not pare or core other fruits, since skin and core are rich in pectin.

First Extraction. For **berries**, etc., add 1 cup of water to each 5 pounds of prepared fruit, place kettle containing the fruit over another kettle of hot water and heat at 160° F. or 175° F. until tender (10 to 15 minutes), stirring occasionally. For **other fruits**, add cold water barely to cover and boil rapidly in a covered kettle until soft. Strain the juice through jelly bag, allowing to drip overnight. Pour off clear liquid carefully as sediment settles to the bottom.

Second Extraction. Do not squeeze the pulp left in the jelly bag but put it in a saucepan, cover with cold water, stir until thoroughly mixed, bring slowly to the boiling point, boil 10 to 15

minutes, depending on the condition and quantity of the fruit, and drain again. Add to first extraction or use separately.

Third Extraction. There is still flavor left in the fruit pulp, so cover again with cold water, stir and bring to boiling point, boil 10 to 15 minutes and drain. Use separately, since it is not as well flavored or clear as first or second extraction.

TO MAKE JELLY (*Standard method*)

Make only small amount at a time. Two quarts of juice is enough to handle at a time.

Measure juice and put in saucepan 4 or 5 times larger than amount of juice, to keep rapidly boiling sirup from overflowing.

Add sugar according to recipe.

Boil rapidly until mixture jells (220° F. to 222° F. if tested with a candy thermometer). To **test jelly by the spoon test**, dip a spoon into the juice; if it sheets and two drops hang together from the side of the spoon, the jelly is done.

Let jelly stand in kettle until glasses have been taken from boiling water. Skim just before filling glasses.

TO MAKE JELLY WITH PECTIN

(If using commercial pectin, follow manufacturer's directions contained in each package.)

Extract juice from fruits low in pectin, including fully ripe fruits or fruits such as raspberries, etc. (see list p. 742). Measure and add $\frac{1}{2}$ as much Orange Pectin or Apple Juice (extracted as for Apple Jelly, p. 746) as fruit juice and $\frac{2}{3}$ as much sugar as combined fruit juice and pectin. Boil rapidly to jelly stage (see above).

Orange Pectin. Peel orange, removing as much of the white with peel as possible. Cut off thick white inner skin from peel. Put through food chopper. To 1 cup add the juice of 1 lemon and let stand 1 hour. Add 2 cups of water, bring to boiling point, and boil 5 minutes. Let stand overnight. Bring to boiling point and boil 10 minutes and drain through jelly bag.

To Can Extracted Pectin. Pour boiling mixture into hot sterilized jars, seal at once. Use for converting fruit juices into jelly at any time during the year, use for jelly desserts, etc.

TO FILL GLASSES

Wash glasses and put in a kettle of cold water; heat water gradually to boiling point. Remove glasses and drain. Place glasses on a cloth wrung out of hot water and fill to rim. Jelly shrinks when cold, thus allowing space for paraffin. Stand in sunny window.

TO COVER JELLY GLASSES

When the jelly is cold and set, cover it with a thin layer of very hot paraffin to sterilize the surface of the jelly and make a perfect seal. The inner edges of the glass must be perfectly clean and free from particles of jelly and must be perfectly dry. Loosen the jelly from the glass to a depth of $\frac{1}{4}$ inch by inserting a knife blade, dipped in scorching paraffin, between the jelly and the glass. As the paraffin is poured on, tip the glass to allow paraffin to flow into this space. Label. Store in a dry, cool place, free from dust.

CANNED FRUIT JUICES

Extract when fruit is in season and can for later use in jelly making, fruit ices, beverages, pudding sauces, and gelatin desserts. If sugar has been added, adapt recipe to taste.

Extract juice (p. 742). If desired, add $\frac{1}{2}$ to 1 cup of sugar to each gallon of juice.

Fill sterilized jars with juice, place a new rubber on each jar, and partly seal the jar (p. 769). Place the jars on a rack in the bottom of a large kettle of water. Water should cover the jars at least 1 inch. Begin counting the time for processing when the water reaches a temperature of 160° or 170° F. Pasteurize pints 20 minutes and quarts 30 minutes.

Remove the jars from the hot-water bath and complete the sealing. Cool as rapidly as possible, avoiding a draft on the jars.

Ways to use canned fruit juices. Dilute with ice, water, ginger ale or charged water. If desired, add a sprig of mint, or sweeten each glass with an after-dinner mint. Serve as a luncheon beverage or for children's party or afternoon or evening refreshment. On a winter evening, serve hot Mulled Grape Juice (p. 44) with thin cream cheese and chopped nut sandwiches. For special combinations, see Fruit Beverages, p. 43 and following.

GRAPE JUICE

10 pounds grapes 1 cup water
 3 pounds sugar

Heat grapes and water in enamel kettle until stones and pulp separate. Strain through jelly bag, add sugar, heat to boiling point, and bottle. This will make 1 gallon. Serve diluted with equal quantity of cold water.

GRAPE JUICE (*Simple Method*)

2 cups grapes }
 ½ cup sugar } for each quart jar
 Boiling water }

Wash the grapes and remove stems. Put them in clean, hot jars and add the sugar and enough boiling water to fill the jars to overflowing. Completely seal. Store them in a cool, dry place. Allow to stand 3 or 4 months before serving. Strain before serving. Do not dilute. If too sweet, add lemon juice before serving.

RASPBERRY SIRUP

2 quarts raspberries or 1 quart sugar
 half strawberries or ¾ cup cold water
 currants

Pick over and mash fruit, sprinkle with sugar, cover, and let stand overnight. Add water, bring slowly to boiling point, and cook 20 minutes. Force through a double thickness of cheesecloth, again bring to boiling point, fill small glass jars to overflow, and adjust covers. Use as foundation for beverages, ices or sauces.

Grape and Apple Sirup. Use 2 quarts Concord grapes and 4 Astrachan apples.

MARYLAND RASPBERRY SHRUB

One quart of raspberry juice, half a pound of loaf sugar, dissolved, a pint of Jamaica rum, or part rum and part brandy. Mix thoroughly. Bottle for use.

RASPBERRY SHRUB

5 quarts red raspberries 1 quart mild vinegar

Let stand 24 hours, then strain. Add ½ pound sugar to each quart of juice. Let come to boil, cool and bottle. One dozen cloves put in add to the flavor.

APPLE JELLY

Porter or Astrachan apples make a delicious-flavored jelly; Gravensteins, a spicy jelly. Extract juice (p. 742), using $2\frac{1}{4}$ cups of water to 4 pounds of apples for first extraction. Pare apples if a light-colored jelly is desired, or use Pearmain, Greenings, or crab apples. Measure juice, heat to boiling point, and add $\frac{2}{3}$ amount of sugar. Stir slowly but constantly until sugar dissolves. Boil rapidly until mixture reaches jelly stage (p. 743).

Skim, fill glasses, cool, seal, label, and store.*

Crab Apple Jelly. Leave apples whole.

Mint Jelly. Make in small quantities, as its color is apt to fade with time. Use light-colored apples, pared apples, or crab apples. Cook mint leaves with the juice or flavor to taste with spearmint extract, when jelly is ready to pour into glasses. Color delicately with green vegetable coloring.

Quince Jelly. Use quinces in place of apples. Remove seeds from fruit. Quince parings are often used for jelly, the better part of the fruit being used for canning.

Rose Geranium Jelly. Place a rose geranium or pineapple geranium leaf in each glass as it is being filled with apple jelly. Keep leaf suspended in jelly until jelly is almost cool. Or add leaves to boiling sirup and remove before filling glasses.

Strawberry Jelly. Extract juice from 5 pounds of red Astrachan apples. Measure and add 1 quart of strawberry juice. Add juice of $\frac{1}{2}$ lemon. Finish as above.

CURRENT JELLY

Cherry currants make the best jelly. Equal proportions of red and white currants are considered desirable and make a lighter-colored jelly.

Pick over currants but do not remove stems; wash and drain. Mash a few in the bottom of a preserving kettle, using a wooden potato masher; so continue until berries are all used. Cook slowly until currants look white. Strain through a coarse strainer, then allow juice to drip through a jelly bag. Measure, bring to boiling

* General Directions, p. 744.

point, and boil 5 minutes; add $\frac{2}{3}$ as much sugar as juice, stir until sugar is dissolved, boil rapidly to jelly stage (p. 743).

Skim, fill glasses, cool, seal, label, and store.*

Blackberry Jelly. Use blackberries in place of currants.

Barberry Jelly. Pick fruit before frost comes, while some of the berries are still green, to obtain a firm jelly of good flavor.

Damson Jelly. Wipe and pick over. Prick several times with a large pin.

CURRENT AND RASPBERRY JELLY

Use equal quantities of raspberries and currants. Use about $2\frac{1}{2}$ quarts or $3\frac{1}{2}$ pounds of mixed fruit. Wash fruit, leaving on stems of currants. Crush thoroughly, heat slowly while stirring, and bring fruit *just* to boiling point. Extract juice (p. 742) and follow directions for jelly, using $\frac{2}{3}$ as much sugar as juice (p. 743).

GRAPE JELLY

Pick over, wash, and remove stems before putting in preserving kettle. Heat to boiling point, mash, and boil 30 minutes; then proceed as for Currant Jelly. Wild grapes make the best jelly.

Green Grape Jelly. Pick when just beginning to turn.

VENISON JELLY OR WILD GRAPE JELLY

1 peck wild grapes	$\frac{1}{2}$ cup whole cloves
1 quart vinegar	$\frac{1}{2}$ cup stick cinnamon
6 pounds sugar	

Put first 4 ingredients into preserving kettle, heat slowly to boiling point, and cook until grapes are soft. Strain through double thickness of cheesecloth or a jelly bag, and boil liquid 20 minutes; then add sugar, heated, and boil 5 minutes or until jelly tests (p. 743). Fill glasses, cool, seal, label and store.*

* General Directions, p. 744.

CHAPTER 52

JAMS, MARMALADES AND CONSERVES

Jams and marmalades are made from fruit and sugar cooked together until the sirup is jelly-like. A conserve is usually a mixture of fruits and nuts. Many fruits not suited to jelly making may be used for jams and marmalades, since a firm texture is not required.



Hot Scones with Raspberry Jam and Mock Devonshire Cream

FRUIT JAM

Strawberries, Raspberries, Blackberries, Loganberries, Cherries,
Plums, Peaches, etc.

Pick over fruit. Measure. Combine fruit with $\frac{2}{3}$ as much sugar by measure. Stir the mixture over the heat until sugar dissolves and the mixture comes to a boil. Boil rapidly to preserve the bright color and natural flavor of the fruit. Boil the mixture

until it has a thick consistency and the fruit has become clear. Stir to avoid burning. When the jelly stage (p. 743) is reached, remove the kettle from the fire and cool slightly to stiffen the mixture. The fruit will then be evenly distributed when poured into the glasses. Jams and marmalades do not shrink appreciably when cold. Fill glasses to within $\frac{1}{2}$ inch of top. Rhubarb may be used with fruit in equal amount by weight without noticeable change in texture or flavor.

Cool, fill glasses, seal, label, and store.*

APPLE AND RASPBERRY JAM

6 cups chopped sour apples, pared and cored	9 cups sugar
3 cups raspberries	2 cups water

Boil the sugar and water until it spins a thread. Add apples. Boil 2 minutes. Add raspberries and boil 10 minutes. Cool, fill glasses, seal, label, and store.*

APPLE GINGER I

Sour apples	$\frac{1}{2}$ ounce ginger root
$1\frac{1}{2}$ pounds light brown sugar	Few grains salt
Juice and rind $1\frac{1}{2}$ lemons	Water

Wipe, quarter, core, pare, and chop apples to make $2\frac{1}{2}$ pounds. Add sugar, juice and rind, ginger root, salt, and enough water to prevent apples from burning. Cover and cook slowly 4 hours, adding water as necessary. Apple Ginger may be kept for several weeks.

APPLE GINGER II

Sour apples	Thin shavings from rind 2 lemons
10 cups sugar	2 two-inch pieces ginger root

Wipe, quarter, pare, core, and finely chop apples to make 10 cups. Add sugar, lemon rind, and ginger root. Bring gradually to boiling point and simmer until apples are transparent, stirring frequently ($2\frac{1}{2}$ to 3 hours). Great care must be taken, otherwise the mixture will burn. It is well to have the kettle placed on an asbestos mat. Turn into a crock or fill jelly glasses, seal, label, and store.*

* General Directions, p. 744.

CRANBERRY CONSERVE

1 quart cranberries	$\frac{1}{4}$ pound seeded raisins
$\frac{2}{3}$ cup cold water	$\frac{1}{2}$ pound English walnut meats
$\frac{2}{3}$ cup boiling water	1 orange
	1 $\frac{1}{2}$ pounds sugar

Pick over and wash cranberries. Add cold water and boil until the skins break. Force through a strainer and add boiling water, seeded raisins, orange (wiped, thinly sliced, then cut in small pieces, removing seeds), and sugar. Again bring to boiling point and simmer 20 minutes. Add nut meats, cut in pieces. Cool, fill glasses, seal, label, and store.*

DAMSON PRESERVES

Wipe damsons with a piece of cheesecloth wrung out of cold water, and prick each fruit 5 or 6 times, using a large needle; then weigh. Make a sirup by boiling $\frac{3}{4}$ their weight in sugar with water, allowing 1 cup to each pound of sugar. As soon as sirup reaches boiling point, skim, and add plums, a few at a time, that fruit may better keep in shape during cooking. Cook until soft. It is well to use 2 kettles, that work may be more quickly done, and sirup need not cook too long a time. Put into stone jars or jelly glasses, seal, label, and store.*

GRAPE MARMALADE

Pick over, wash, drain, and remove stems from grapes. Separate pulp from skins. Put pulp in preserving kettle. Heat to boiling point, and cook slowly until seeds separate from pulp; then rub through a hair sieve. Return to kettle with skins, add an equal measure of sugar, and cook slowly 30 minutes, occasionally stirring to prevent burning. Put in a stone jar or jelly glasses, seal, label, and store.*

GRAPEFRUIT MARMALADE

1 grapefruit	1 lemon
1 orange	Water
	Sugar

Wipe fruit and slice very thin, rejecting only seeds and core of grapefruit. Measure and add 3 times the quantity of water. Let

* General Directions, p. 744.

stand in an earthen dish overnight and next morning let boil 10 minutes. Leave until next day, then boil 2 hours. Measure, add an equal amount of sugar, and boil, stirring occasionally that it may not burn, about 1 hour. Pour into glasses, seal, label, and store.*

PRESERVED KUMQUATS

1 quart fresh kumquats 2 cups sugar 1 cup water

Boil sugar and water 5 minutes. Wipe kumquats, add to sirup, and cook gently 45 minutes or until tender. Put in jars or glasses, seal, label, and store.*

TOMATO AND PICKLED-LIME MARMALADE

12 medium-sized green 12 selected pickled limes
tomatoes 6 cups sugar

Wipe tomatoes and drain limes; then force through food chopper. Add sugar, bring to boiling point, and simmer 3 hours. Turn into glasses, seal, label, and store.*

PRESERVED MELON RIND

Pare and cut in strips the rind of ripe melons. Soak in alum water to cover, allowing 2 teaspoons powdered alum to each quart of water. Heat gradually to boiling point and cook slowly 10 minutes. Drain, cover with ice water, and let stand 2 hours; again drain and dry between towels. Weigh, allow 1 pound sugar to each pound of fruit and 1 cup water to each pound of sugar. Boil sugar and water 10 minutes. Add melon rind and cook until tender. Remove rind to a stone jar and cover with sirup. Two lemons cut in slices may be cooked 10 minutes in the sirup.

ORANGE MARMALADE

12 thin-skinned oranges $1\frac{1}{2}$ quarts water
3 lemons Sugar

Wash and slice oranges as thin as possible. To each quart of sliced fruit add $1\frac{1}{2}$ quarts of water and let stand overnight. Cook slowly until tender (2 to $2\frac{1}{2}$ hours). Measure cooked fruit and

* General Directions, p. 744.

add $\frac{2}{3}$ as much sugar. Cook the mixture rapidly until it jellies from a spoon (from 30 to 60 minutes). Pour into jars, seal, label, and store.*

Ginger Marmalade. Add $2\frac{1}{2}$ cups chopped ginger to each quart of prepared fruit. Add $\frac{2}{3}$ as much sugar as combined fruit pulp.

PEACH CONSERVE

1 pound dried, skinned peaches	Juice 1 lemon
1 quart cold water	Juice 1 orange
1 cup seeded raisins, cut in pieces	1 whole orange
$\frac{1}{2}$ pound English walnut meats	1 pound sugar

Add cold water to peaches, cover, and let stand overnight. Add raisins, fruit juices, orange cut in thin slices (removing seeds), and sugar. Bring to boiling point and boil rapidly until thick and fruit is clear, stirring occasionally to prevent burning. Add nut meats, cut in pieces, and put in jars or glasses, seal, label, and store.*

PEAR CHIPS

8 pounds pears	$\frac{1}{4}$ pound Canton ginger
4 pounds sugar	4 lemons

Wipe pears, remove stems, quarter, and core; then cut in small pieces. Add sugar and ginger and let stand overnight. Add lemons cut in small pieces, rejecting seeds, and cook slowly 3 hours. Put into a stone jar or glasses and seal, label, and store.*

PLUM GUMBO

5 pounds plums	3 oranges
2 pounds seeded raisins	5 pounds sugar

Wipe plums, remove stones, and cut in pieces. Force raisins through a meat chopper or chop. Wipe oranges and cut in thin slices crosswise, removing seeds. Put fruit in preserving kettle, add sugar, bring to boiling point, and let simmer until of the consistency of marmalade. Fill jelly glasses with mixture, cool, seal, label, and store.*

* General Directions, p. 744.

QUINCE HONEY

5 large quinces 5 pounds sugar 1 pint boiling water

Pare and grate quinces. Dissolve sugar in water (over heat), add quince, and cook 15 or 20 minutes. Turn into glasses, seal, label, and store.* When cold, it should be about the color and consistency of honey.

RASPBERRY AND CURRANT PRESERVE

6 pounds currants 6 pounds sugar 8 quarts raspberries

Pick over, wash, and drain currants. Put into a preserving kettle, adding a few at a time, and mash. Cook 1 hour, strain through double thickness of cheesecloth. Return to kettle, add sugar, heat to boiling point, and cook slowly 20 minutes. Add 1 quart raspberries when sirup again reaches boiling point, skim out raspberries, put in jar, and repeat until raspberries are used. Fill jars to overflowing and fasten tops, label, and store.*

RHUBARB CONSERVE

4 pounds rhubarb 1 pound seeded raisins
5 pounds sugar 2 oranges
1 lemon

Wash and peel stalks of rhubarb and cut in 1-inch pieces. Put in kettle, sprinkle with sugar, and add raisins and grated rind, and juice of oranges and lemon. Mix, cover, and let stand $\frac{1}{2}$ hour. Place on range, bring to boiling point, and let simmer 45 minutes, stirring almost constantly. Fill jelly glasses with mixture, cool, seal, label, and store.*

RHUBARB AND FIG MARMALADE

2 pounds unpeeled rhubarb (cut fine) $\frac{1}{2}$ pound figs (cut fine)
2 pounds sugar Juice 1 lemon

Combine the ingredients. Let stand 24 hours. Bring to boil and boil rapidly to jelly stage (p. 743). Partially cool, fill glasses, seal, label, and store.*

* General Directions, p. 744.

CARROT AND ORANGE MARMALADE

6 medium-sized carrots
3 oranges

Juice and grated rind 1 lemon
Sugar

Dice the carrots and boil them until tender in as little water as possible. Prepare and cut oranges and lemon as for Marmalade (p. 751). Mix and measure the carrots and fruits, add $\frac{2}{3}$ as much sugar. Boil the mixture rapidly until clear. Cool, fill glasses, seal, label, and store.*

APPLE BUTTER

Wash the apples and cut in eighths. Cook them in small amount of water until they are tender. Put them through a sieve. To each cup of pulp add $\frac{1}{2}$ cup of sugar and cook the mixture until it is thick and clear. If the apples lack flavor, a small amount of lemon juice and grated rind or spices may be added to taste. Fill glasses, seal, label, and store.*

TOMATO CONSERVE

5 pounds ripe tomatoes
4 pounds white sugar
 $\frac{1}{2}$ box seedless raisins

1 orange
1 lemon
 $\frac{1}{4}$ pound English walnut meats (chopped)

Plunge tomatoes into boiling water, drain, peel, add sugar. Cook $1\frac{1}{2}$ hours over slow fire. Add raisins, orange, lemon cut in small pieces. Cook $\frac{1}{2}$ hour longer. Add nut meats just before removing from fire. Cool, fill glasses, seal, label, and store.*

YELLOW TOMATO PRESERVES

1 pound yellow pear tomatoes
1 pound sugar

2 ounces preserved ginger
2 lemons, sliced

Wipe tomatoes, cover with boiling water, and let stand until skins may be easily removed. Add sugar, cover, and let stand overnight. Pour off sirup and boil until quite thick; skim, then add tomatoes, ginger, and lemons (seeds removed). Cook until tomatoes have a clarified appearance. Cool, fill glasses, seal, label, and store.*

* General Directions, p. 744.

CHAPTER 53

PICKLES AND RELISHES

Pickles or relishes may be stored in covered crocks or sealed in jars.

APPLE CATSUP

Sour apples	1 teaspoon mustard
1 cup sugar	2 teaspoons cinnamon
1 teaspoon pepper	1 tablespoon salt
1 teaspoon cloves	2 onions, finely chopped
2 cups cider vinegar	

Wipe, quarter, pare, and core apples. Cover with boiling water, bring to boiling point, and simmer until soft, when nearly all the water should be evaporated; then rub through a sieve (to make 1 quart pulp).

Mix other ingredients and add to pulp. Bring to boiling point and simmer 1 hour. Bottle, cork, and seal while hot.

SPICED CELERY

6 bunches celery	1 teaspoon mustard
15 tomatoes	1 teaspoon clove
1 red pepper	1 teaspoon allspice
2 cups sugar	1 teaspoon cinnamon
2 tablespoons salt	1 teaspoon celery seed
1½ cups vinegar	

Cut off roots and leaves of celery, separate stalks, and chop. Wipe, peel, and chop tomatoes. Wipe and chop pepper. Mix dry ingredients and add vinegar. Combine mixtures, put in preserving kettle, bring to boiling point, and simmer 1½ hours. Fill jars to overflow and adjust covers.

CHILI SAUCE I

12 medium-sized ripe tomatoes	1 tablespoon salt
1 pepper, finely chopped	2 teaspoons clove
1 onion, finely chopped	2 teaspoons cinnamon
2 cups vinegar	2 teaspoons allspice
3 tablespoons sugar	2 teaspoons grated nutmeg

Peel tomatoes and slice. Put in a preserving kettle with remaining ingredients. Heat gradually to boiling point, and cook slowly $2\frac{1}{2}$ hours.

CHILI SAUCE II

12 medium-sized tomatoes	2 tablespoons salt
4 onions	2 tablespoons celery seed
2 red peppers	$\frac{1}{4}$ cup brown sugar
2 cups vinegar	

Wipe and peel tomatoes and cut in $\frac{1}{4}$ -inch slices, crosswise. Put in preserving kettle and add onions peeled and chopped, peppers chopped, and remaining ingredients. Bring to boiling point and simmer 3 hours.

TOMATO CATSUP

8 quarts ripe tomatoes	1 tablespoon mace
$\frac{1}{4}$ cup salt	1 tablespoon celery seed
2 cups sugar	2 tablespoons cinnamon
1 tablespoon cayenne	2 quarts vinegar

Cut tomatoes in pieces, add other ingredients, and cook slowly until reduced $\frac{1}{2}$ (about 2 hours). Strain, reheat, and seal. If desired, add 6 cloves garlic with spices.

CORN RELISH

$1\frac{1}{2}$ dozen ears corn	2 cups sugar
1 small cabbage	1 cup flour
1 bunch celery	$\frac{1}{2}$ cup salt
4 onions	$\frac{1}{2}$ teaspoon mustard
2 green peppers	$\frac{1}{4}$ teaspoon cayenne
2 quarts vinegar	$\frac{1}{2}$ teaspoon turmeric

Cut corn from cob. Force cabbage through a food chopper. Separate celery stalks, remove leaves, and chop. Peel onions and cut in thin slices. Wipe peppers and chop. Put vegetables in preserving kettle and pour over half the vinegar. Mix sugar,

flour, salt, mustard, cayenne, and turmeric and add remaining vinegar. Combine mixtures, bring to boiling point, and simmer 40 minutes. Fill glass jars and seal.

SWEET CRAB APPLE PICKLE

3 pounds crab apples	1½ teaspoons cloves
2 cups cider vinegar	1½ teaspoons allspice berries
1 cup sugar	1½ teaspoons black pepper
	1½ teaspoons ginger

Wipe crab apples, remove stems, and steam until soft. Tie spices in muslin bag, put in preserving kettle, add vinegar, sugar, and apples, bring gradually to boiling point, and simmer 20 minutes.

SPICED CURRANTS

7 pounds currants	3 tablespoons cinnamon
5 pounds brown sugar	3 tablespoons clove
	1 pint vinegar

Pick over currants, wash, drain, and remove stems. Put in a preserving kettle, add sugar, vinegar, and spices tied in a piece of muslin. Heat to boiling point, and cook slowly 1½ hours. Store in a stone or glass jar and keep in a cool place.

GOOSEBERRY CATSUP

5 pounds gooseberries	1½ tablespoons cinnamon
4 pounds sugar	1 tablespoon clove
2 cups cider vinegar	1 tablespoon allspice

Pick over, wash, and drain gooseberries. Put in kettle and add sugar, vinegar, and spices. Bring to boiling point and simmer 2 hours. Fill bottles and seal.

GOOSEBERRY RELISH

5 cups gooseberries	3 tablespoons ginger
1½ cups raisins	3 tablespoons salt
1 onion	¼ teaspoon cayenne
1 cup brown sugar	1 teaspoon turmeric
3 tablespoons mustard	1 quart vinegar

Pick over, wash, and drain gooseberries. Add raisins (from which seeds have been removed) and onion, peeled and sliced.

Chop or force through a meat chopper, put in preserving kettle, and add sugar, mustard, ginger, salt, cayenne, and turmeric. Pour over vinegar, bring slowly to boiling point, and simmer 45 minutes. Strain through a coarse sieve, fill bottles with mixture, and seal.

GRAPE CATSUP

Grapes	1 tablespoon cinnamon
5 pounds sugar	1 tablespoon allspice
2 quarts vinegar	2 tablespoons clove
	1 grated nutmeg

Pick over, wash, drain, and remove stems from grapes. Add cold water to barely cover, bring to boiling point, and simmer until fruit is soft; then press through a sieve, discarding skins and seeds. Put 10 pounds of the fruit pulp in a preserving kettle and add other ingredients. Bring to boiling point and simmer until the consistency of a catsup. Fill bottles to overflowing, adjust stoppers, and seal.

GREEN GRAPE RELISH

Wash green grapes. Add $\frac{1}{2}$ cup water for each quart of grapes. Bring to boiling point and simmer until soft. Strain. Add equal measure of sugar. Cook slowly until pink, stirring frequently. Fill jars and seal.

SWEET PICKLED PEACHES

$\frac{1}{2}$ peck peaches	1 pint vinegar
2 pounds brown sugar	1 ounce stick cinnamon
	4 Cloves

Boil sugar, vinegar, and cinnamon 20 minutes. Dip peaches quickly in hot water, then rub off the fur with a towel. Stick each peach with 4 cloves. Put into sirup and cook until soft, using half the peaches at a time.

SWEET PICKLED PEARS

Wipe pears, stick each with 3 cloves, and cook in sirup as for Sweet Pickled Peaches. Use small, hard pears or large pears, quartered. If skin is very tough, pare.

BRANDIED PEACHES

1 peck peaches, skinned Half their weight in sugar
1 quart brandy

Put alternate layers of peaches and sugar in stone jar. Add alcohol. Cover closely, having heavy piece of cloth under cover of jar.

TUTTI-FRUTTI

Put 1 pint brandy in stone jar. Add various fruits as in season. To each quart of fruit, add same quantity of sugar. Stir mixture daily until all fruit has been added. Use raspberries, strawberries, apricots, peaches, cherries, and pineapples.

SPICED RHUBARB

2½ pounds rhubarb ⅞ cup vinegar
2 pounds sugar 1 teaspoon cinnamon
½ teaspoon clove

Wipe rhubarb, skin, and cut stalks in 1-inch pieces. Put in preserve kettle, add remaining ingredients, bring to boiling point, and simmer until of the consistency of a marmalade.

PEPPER RELISH I

1 peck red peppers 2 cups vinegar
2 cups cold water 1 cup brown sugar
1 cup salt ½ cup white mustard seed

Wipe peppers, cut in halves, remove seeds, and put through meat chopper. Put in kettle and add water and salt; cover and let stand overnight. Drain and pour over vinegar, sugar, and mustard seed which have been brought to boiling point and boiled 2 minutes. Fill jars to overflow and adjust covers.

PEPPER RELISH II

1 quart vinegar 15 large onions
12 green peppers, seeded 2 cups sugar
12 red peppers, seeded 3 tablespoons salt

Put peppers and onions through chopper. Pour on boiling water. Drain. Cover with cold water, bring to boil, and drain. Bring vinegar, salt, and sugar to boil, add to chopped mixture, and boil 1 minute.

RIPE TOMATO PICKLE (ALLERTON PICKLES)

3 pints tomato pulp	4 tablespoons salt
1 cup chopped celery	6 tablespoons sugar
4 tablespoons chopped red pepper	6 tablespoons mustard seed
4 tablespoons chopped onion	1 tablespoon grated nutmeg
	1 teaspoon cinnamon
	$\frac{1}{2}$ teaspoon clove
2 cups vinegar	

Wipe, peel, and chop ripe tomatoes; there should be 3 pints. Add remaining ingredients and stir until thoroughly blended. Put in a stone jar and cover. Let stand at least 1 week before using. This uncooked mixture will keep 6 months.

BOTTLED TOMATO SAUCE

12 large tomatoes	2 onions
3 bunches celery	2 tablespoons salt
4 green peppers	2 tablespoons sugar
3 cups vinegar	

Peel and chop tomatoes and onions, put in kettle and add celery (from which root and leaves have been removed) and peppers, both finely chopped, and remaining ingredients. Bring to boiling point and simmer $1\frac{1}{2}$ hours. Fill bottles with mixture, cork, and seal.

PICCALILLI

$\frac{1}{2}$ bushel green tomatoes	3 pounds brown sugar
$\frac{1}{2}$ peck green peppers	2 ounces white mustard seed
$\frac{1}{2}$ peck onions	6 ounces stick cinnamon
2 medium-sized cabbages	3 ounces cloves
$1\frac{1}{2}$ cups salt	2 ounces allspice berries
Vinegar	

Wash tomatoes and peppers, peel onions, and cut cabbages in quarters. Put the vegetables through food chopper, using a large knife. Sprinkle alternate layers of vegetables with salt, cover, and let stand overnight. Drain, add sugar, mustard seed, and the remaining spices, tied in a bag made of muslin or cheesecloth. Pour on vinegar just to cover vegetables, bring to the boiling point, boil 30 minutes. Remove spice bag, fill glass jars with mixture, and adjust covers.

TOMATO AND CELERY RELISH

1 onion	} chopped finely	1 tablespoon salt
1 large green pepper		2 tablespoons sugar
1 large bunch celery		2 allspice berries
2½ cups canned or fresh tomatoes		⅔ cup vinegar

Mix ingredients, heat gradually to boiling point, and cook slowly 1½ hours. Cayenne or mustard may be added if desired.

CHOWCHOW I

2 quarts small green tomatoes	¼ pound mustard seed
12 small cucumbers	2 ounces turmeric
3 red peppers	½ ounce allspice
1 cauliflower	½ ounce pepper
2 bunches celery	½ ounce clove
1 pint small onions	Salt
2 quarts string beans	1 gallon vinegar

Prepare vegetables and cut in small pieces, cover with salt, let stand 24 hours, and drain. Heat vinegar and spices to boiling point, add vegetables, and cook until soft.

CHOWCHOW II

1 quart tiny white onions	2 green peppers, thinly sliced
1 quart small cucumbers	Boiling water
2 heads cauliflower, separated into flowerets	Salt

Cover vegetables with boiling water and salt, allowing 1½ cups salt to 2 quarts boiling water. Let stand overnight. Drain thoroughly, add water and salt as before, bring to boiling point, simmer until vegetables are soft. Drain thoroughly and add to dressing and simmer 10 minutes.

Dressing.

6 tablespoons mustard	⅔ cup sugar
3 tablespoons flour	½ cup cold vinegar
1 tablespoon curry powder	2½ cups hot vinegar

Moisten dry ingredients to paste with cold vinegar. Add hot vinegar. Cook over hot water, stirring constantly until thick.

PETERSHAM CHOWCHOW

2 quarts green tomatoes	3 quarts water
1 bunch celery	1 cup flour
6 green peppers	8 tablespoons mustard
1 quart button onions	1 tablespoon turmeric
1 cauliflower	1 cup sugar
1½ cups salt	5 cups vinegar

Wipe tomatoes and cut in eighths. Scrape celery and cut in $\frac{3}{4}$ -inch slices, crosswise. Wipe peppers and cut in pieces. Peel onions, separate cauliflower in flowerets, cover with boiling water, boil 3 minutes, and drain. Mix tomatoes, celery, peppers, onions, and cauliflower and pour over brine made of salt and water. Let stand overnight. Bring to boiling point in the same brine and boil until vegetables are tender. Drain. Mix flour, mustard, and turmeric and add cold vinegar slowly to make a smooth paste; then add sugar and remaining vinegar. Cook over hot water until mixture thickens, stirring constantly at first and afterwards occasionally. Add drained vegetables to mixture. Cook until well heated.

CHOPPED PICKLES

4 quarts chopped green tomatoes	3 teaspoons allspice
$\frac{3}{4}$ cup salt	3 teaspoons cloves
2 teaspoons pepper	$\frac{1}{2}$ cup white mustard seed
3 teaspoons mustard	4 green peppers, sliced
3 teaspoons cinnamon	2 chopped onions
2 quarts vinegar	

Add salt to tomatoes, cover, let stand 24 hours. Drain. Add spices to vinegar, heat to boiling point, add tomatoes, peppers, and onions, bring to boiling point, and cook 15 minutes after boiling point is reached. Store in stone or glass jar in cool place.

SPANISH PICKLES

1 peck green tomatoes, thinly sliced	$\frac{1}{2}$ ounce peppercorns
4 onions, thinly sliced	$\frac{1}{2}$ cup brown mustard seed
1 cup salt	1 pound brown sugar
$\frac{1}{2}$ ounce cloves	4 green peppers, finely chopped
$\frac{1}{2}$ ounce allspice berries	Cider vinegar

Sprinkle alternate layers of tomatoes and onions with salt and let stand overnight. Drain, and put in a preserving kettle, adding remaining ingredients, using enough vinegar to cover all. Heat gradually to boiling point and boil $\frac{1}{2}$ hour.

DUTCH SALAD

1 quart green tomatoes	1 small white cabbage
$\frac{1}{4}$ cup salt	2 cauliflowers
2 quarts small pickling cucumbers	9 green peppers
1 quart small onions	Boiling water
	3 tablespoons salt
Dutch Dressing	

Wipe and thinly slice tomatoes. Arrange in layers, sprinkling each with salt, cover, and let stand overnight. Drain thoroughly and chop. Put in a preserving kettle and add cucumbers chopped, cabbage chopped, cauliflowers separated into flowerets, and chopped peppers (from which seeds have been removed). Add boiling water just to cover vegetables and salt. Bring to boiling point and let simmer until vegetables are tender; drain. Pour over Dutch Dressing and let simmer 15 minutes. Cool and store in jars.

Dutch Dressing. Mix 2 cups brown sugar, 1 cup bread flour, $\frac{1}{3}$ cup mustard, $1\frac{1}{2}$ tablespoons salt, and $2\frac{1}{2}$ tablespoons turmeric. Add gradually, while stirring constantly, 2 quarts hot vinegar. Bring to boiling point and boil until mixture thickens. If desired, add $\frac{1}{4}$ cup ground horse-radish.

PICKLED ONIONS

Peel small white onions, cover with brine, allowing $1\frac{1}{2}$ cups salt to 2 quarts boiling water, and let stand 2 days. Drain and cover with more brine; let stand 2 days and again drain. Make more brine and heat to boiling point; put in onions and boil 3 minutes. Put onions in clean, hot, stone or glass jars, interspersing with bits of mace, white peppercorns, cloves, bits of bay leaf, and slices of pimiento. Fill jars to overflow with vinegar scalded with sugar, allowing 1 cup sugar to 1 gallon vinegar. Seal while hot.

To vary, add 1 ounce of ginger root or $\frac{1}{4}$ cup freshly grated horse-radish. Other seasonings may be substituted for the combination suggested above, such as basil, nutmeg, celery seed, chili peppers, mustard seed, dill, chervil and rosemary.

SOURI

1 peck green tomatoes, wiped and cut in thin slices	6 cups brown sugar	
1 quart onions, peeled and cut in thin slices	6 tablespoons celery seed	
1 cup salt	6 tablespoons mustard seed	
4 green peppers, finely chopped	$\frac{1}{2}$ ounce cloves	} tied in muslin bag
	$\frac{1}{2}$ ounce stick cinnamon	
	$\frac{1}{2}$ ounce allspice berries	
	Vinegar	

Sprinkle alternate layers of tomatoes and onions with salt. Cover and let stand overnight. Drain thoroughly, add peppers, sugar, celery seed, mustard seed, and spices. Add just enough vinegar to cover mixture, bring to boiling point, and simmer 2 hours.

This may be given a very fresh taste by adding a small quantity of celery cut in small pieces, whenever it is served.

RIPE CUCUMBER PICKLE

Cut cucumbers in halves lengthwise. Cover with alum water, allowing 2 teaspoons powdered alum to each quart of water. Heat gradually to boiling point, then let stand in warm place 2 hours. Remove from alum water and chill in ice water. Make a sirup by boiling 5 minutes 2 pounds sugar, 1 pint vinegar, with 2 tablespoons each of whole cloves and stick cinnamon tied in a piece of muslin. Add cucumbers and cook 10 minutes. Remove cucumbers to a stone jar and pour over the sirup. Scald sirup 3 successive mornings and return to cucumbers.

UNRIPE CUCUMBER PICKLES (GHERKINS)

Wipe 4 quarts small unripe cucumbers. Put in a stone jar and add 1 cup salt dissolved in 2 quarts boiling water, and let stand 3 days. Drain cucumbers from brine, bring brine to boiling point, pour over cucumbers, and again let stand 3 days; repeat. Drain, wipe cucumbers, and pour on 1 gallon boiling water in which 1 tablespoon alum has been dissolved. Let stand 6 hours, then drain from alum water. Cook cucumbers 10 minutes, a few at a time, in $\frac{1}{4}$ the following mixture heated to the boiling point and boiled 10 minutes:

- | | |
|------------------|--------------------------------|
| 1 gallon vinegar | 2 sticks cinnamon |
| 4 red peppers | 2 tablespoons allspice berries |
| | 2 tablespoons cloves |

Strain remaining liquor over pickles which have been put in a stone jar.

GREEN SLICED CUCUMBER PICKLES

(*Uncooked*)

- | | |
|--------------------------|--|
| 2 dozen 6-inch cucumbers | 1 cup olive oil |
| 2 quarts boiling water | $\frac{1}{4}$ pound white mustard seed |
| $1\frac{1}{2}$ cups salt | $\frac{1}{4}$ pound black mustard seed |
| | 6 cups vinegar |

Wipe and slice cucumbers thinly without paring. Cover with a brine made of water and salt and let stand overnight.

Drain thoroughly and put in a crock. Mix remaining ingredients and pour over cucumbers. Stir frequently.

OIL PICKLES

- | | |
|---------------------------------|--|
| 100 small cucumbers | 2 quarts vinegar |
| 1 quart small onions | $\frac{1}{4}$ pound ground mustard |
| 1 pint olive or other salad oil | $\frac{1}{4}$ pound white mustard seed |
| 1 ounce celery seed | 1 tablespoon black pepper |

Cut cucumbers and onions in slices. Put in earthen dish in layers with salt between. Put heavy weight on top and let stand overnight. Drain. Mix seasonings and oil, add vinegar slowly, and pour over cucumbers and onions. Mix well. Pack in jars, seal, and store.

CUCUMBER AND ONION PICKLE

- | | |
|-------------------------|--------------------------|
| 12 young cucumbers | 2 teaspoons mustard seed |
| 6 onions | 2 teaspoons celery seed |
| 2 cups vinegar | 2 teaspoons black pepper |
| $\frac{1}{2}$ cup sugar | 1 teaspoon ginger |
| | 1 teaspoon turmeric |

Slice cucumbers and onions. Add $\frac{1}{2}$ cup salt, cover with water, and let stand 2 hours. Drain, add other ingredients, and bring to boil. Fill jars and seal.

MUSTARD PICKLES

- | | |
|---|---|
| 4 quarts cucumbers | 4 green peppers, wiped and sliced |
| 3 large cucumbers, cut in pieces | 1 bunch celery, chopped |
| 1 quart green tomatoes, wiped and cut in pieces | 1 cauliflower, separated into flowerets |
| 4 small onions, peeled and sliced | 2 cups salt |
| 1 gallon boiling water | |

Add water and salt to vegetables. Cover and let stand overnight. Bring to boiling point and simmer until vegetables are tender. Drain, add to sauce, and boil 15 minutes.

For Dressing.

- | | |
|-----------------------|--|
| 1 cup flour | Cold vinegar |
| 1 cup sugar | 2 quarts vinegar, brought to boiling point |
| 6 tablespoons mustard | 2 tablespoons celery seed |
| 1 tablespoon turmeric | |

Mix dry ingredients to a paste with cold vinegar, add hot vinegar and celery seed, and boil 5 minutes.

QUICK MUSTARD PICKLE

- | | |
|------------------------------------|---------------------------------|
| 1 quart cabbage, shredded fine | $\frac{3}{8}$ cup chopped onion |
| 2 pimientos, chopped fine | 2 cups vinegar |
| 1 large green pepper, chopped fine | 3 cups water |
| $\frac{1}{4}$ cup salt | |

Let stand while making dressing. Bring to boiling point and drain. Add to dressing, simmer 5 minutes. Serve cold.

Dressing.

- | | |
|------------------------------------|------------------------------------|
| $\frac{1}{2}$ cup sugar | $\frac{1}{2}$ teaspoon celery salt |
| 6 tablespoons flour | $1\frac{1}{2}$ teaspoons salt |
| $1\frac{1}{2}$ tablespoons mustard | 1 cup cold water |
| $\frac{1}{2}$ teaspoon turmeric | 1 cup hot vinegar |

Mix dry ingredients. Add slowly water and vinegar. Stir and cook over hot water until thick. Cover and cook 10 minutes. Add drained cabbage mixture and cook 5 minutes longer.

CHAPTER 54

CANNING

Preliminary Steps. Select only clean, sound fruits that are fully ripe, and vegetables that are young and tender. A first-class canned product can be obtained only if a first-class raw product is used.

Can as soon as possible after gathering, preferably within 2 hours. Grade for size and degree of ripeness to insure uniform product.

Wash material thoroughly.

Remove stems (pear stems may be left on).

Remove skins.

Can only a small amount at a time.

Test jars for nicks and leaks.

Have all necessary equipment at hand, thoroughly washed with soapsuds and scalded.

Use clean cheesecloth to wipe jars; never use dishcloth.

Always use new rubbers.

Test rubbers. Pull out twice original length. A good rubber springs back into shape. Fold ring double, press firmly between fingers. A good rubber does not crack.

To Sterilize and Fill Jars. Wash jars and fill with cold water. Set in a kettle on a trivet, and surround with cold water. Heat gradually to boiling point, remove from water, empty, and *fill while hot*. . Or put in Pressure Canner and process under 15 pounds pressure for 15 minutes. Dip rubber rings in hot water, but do not allow them to stand. Place wet, new rubber flat on jar just before it is filled.

JAR-COOKED METHOD

Prepare material to be canned, blanch or pre-cook if necessary, pack in hot jars, partially seal, and sterilize for a given length of time in a boiling-water bath, pressure canner, or oven with a

temperature regulator. Complete sealing, label, and store in a cool, dry, well-ventilated place.

To Pre-Cook or Blanch. Fruits and tomatoes may be pre-cooked or not, as desired. Non-acid vegetables must be pre-cooked to remove air, to shrink them, to facilitate packing, and to make possible packing in the container at boiling temperature.

Blanching removes any foreign matter that escaped the washing, and any strong flavor that might be undesirable in the cooked product, and makes it possible to sterilize vegetables in one period of cooking.

To blanch, put a quantity sufficient to fill one jar in a wire basket, plunge into a large kettle of boiling water, and leave the length of time required in the time-table (p. 770) for blanching. Use a square yard of cheesecloth with opposite corners tied, if wire basket is not at hand. Minutes are counted from the time the water begins to boil after the product is put into it. Be sure that the water reaches all parts of the product.

If the blanching kettle is filled with fruit, the water becomes chilled and takes so long to come again to the boiling point that the fruit becomes soft before it is heated through, while the juices of the vegetables are drawn out in the water. Therefore, blanch only a small amount of fruit and vegetables at a time.

To Steam. Cook product over hot water as required in time-table (p. 770).

To Scald. Plunge into boiling water. Begin counting time without waiting for water to return to boiling point.

To Pack in Jars. Any jar or can that is clean and can be made air-tight may be used. Large-mouthed, clear glass jars are to be preferred for home use, as they are easy to fill and can be used again and again. First warm the jars by rinsing them in hot water and let stand in hot water until used. Pack product firmly and closely, leaving no open spaces, but being careful that product is not jammed or crushed. Arrange products so that they will look well through the glass. Pack jars and put in sterilizer.

To Add Liquid. Fill jars to within $\frac{1}{4}$ inch of top with boiling liquid, pouring it slowly to avoid breaking.

Vegetables (*Except Tomatoes*). Use boiling water with 1 teaspoon salt to each quart jar. Cut spinach or other greens diago-

nally with a knife after they are in the jar, so that water can reach center of greens in jar.

Tomatoes. Use tomato juice.

Fruits.

Unsweetened. Use water or fruit juice and no sugar.

Slightly Sweetened. Use thin sirup (1 cup sugar to 3 cups water or fruit juice) cooked until sugar dissolves.

Very Sweet (for Rich Preserves). Use heavy sirup (1 cup sugar to 1 cup water or fruit juice).

To Partially Tighten Covers. Carefully wipe off rubbers. Put on the covers. Leave the lower lever of jar up or do not quite complete turning screws of screw-top jars. If the cover is put on perfectly tight there will be no room for expansion, and breakage is liable to occur.

To Sterilize (Process) in Boiling-Water Bath. To sterilize, slowly lower the product in its can, top up, in a kettle or boiler of *boiling* water; then add water to cover the jars one inch over the top. Bring the water to the boiling point and keep boiling the length of time given on the time-table for sterilizing the product being canned. A rack in the bottom of the kettle is necessary to keep the cans from resting directly on the bottom, or individual wire holders can be used. Keep the water boiling constantly during the sterilizing process.

This method can be used for fruits and acid vegetables such as tomatoes but is not reliable for non-acid vegetables or meats and fish.

To Sterilize (Process) by Oven. Set temperature at 275° F. Arrange jars on oven shelf, spaced to allow free circulation of air around them. Process 50 per cent longer than time suggested in time-table for boiling-water bath (p. 770).

This method is not recommended as particularly reliable.

To Sterilize (Process) by Steam Pressure. Lower jars into a hot pressure canner which contains just enough hot water to cover the rack. Jars should not touch. Clamp cover in place. Allow pet cock to stay open from 7 to 10 minutes until all air is forced out of the canner. Close pet cock. Do not count processing time until required pressure is reached. See Table (p. 770). At the end of processing time, remove canner from stove or turn off

CANNING TIME-TABLES

Variation in Time. The time will vary somewhat, according to the condition of the fruit or vegetable.

VEGETABLES

PRODUCT	PRE-COOK OR BLANCH	STERILIZE OR PROCESS		
		Boiling- Water Bath	10 Pounds' Pressure	
			Pints	Quarts
Asparagus . . .	3 minutes	2 hours	35 minutes	40 minutes
Beans, snap . . .	5 minutes	2 hours	35 minutes	40 minutes
* Beans, Lima . . .	5 minutes	3 hours	55 minutes	—
Beets	15 minutes	1½ hours	35 minutes	40 minutes
Carrots	10 minutes	1½ hours	35 minutes	40 minutes
* Corn	5 minutes	3 hours	90 minutes†	—
* Greens	Steam until wilted	3 hours	60 minutes	—
Parsnips	5 minutes	1½ hours	35 minutes	40 minutes
* Peas	5 minutes	3 hours	45 minutes	—
* Pumpkin	5 minutes	2 hours	60 minutes†	75 minutes
* Squash	Cook until tender	3 hours	60 minutes†	75 minutes
* Succotash	5 minutes	3 hours	75 minutes†	—
* Sweet peppers	5 minutes	4-5 hours	90 minutes	—
* Swiss chard	Steam until wilted	3 hours	60 minutes	—
Tomatoes	2 minutes	35 minutes	—	—

* Can under pressure. Use only pint containers. † 15 pounds' pressure.

FRUITS

PRODUCT	SCALD	STERILIZE OR PROCESS IN BOILING-WATER BATH
Apples, sliced or whole . . .	—	20 minutes
Apricots	20 minutes	16 minutes
Berries	—	16 minutes
Cherries	—	16 minutes
Crab apples	1 to 2 minutes	20 minutes
Currants	—	16 minutes
Grapes (grape juice)	—	16 minutes
Peaches	1 to 2 minutes	16 minutes
Pears	—	20 minutes
Pineapples	5 minutes	30 minutes
Plums (prick skins)	1 to 2 minutes	16 minutes
Quinces	2 minutes	30 minutes
Rhubarb	—	15 minutes
Tomato juice (hot pack) . . .	—	5 minutes

heat, allow pressure gauge to drop to zero, and stay there 2 minutes before slowly opening pet cock. Remove cover from canner and quickly complete seal while the jars are still in the canner.

This method is the only safe way to can non-acid vegetables, beans, corn, peas, etc., meats and fish. All bacteria are destroyed at a temperature of from 240° to 250° F. or 10 to 15 pounds' pressure.

To Remove Jars. A wire holder with handle for each jar is convenient to use. If not available, lift jars from boiling water with a long-handled skimmer, or spring fork. Tighten the cover immediately. Place jars upside down on a cloth, allowing space between jars. Keep protected from drafts. A draft in the kitchen causes more breaks than anything else. If a can shows signs of fermentation after two or three days, loosen cover and sterilize again.

OPEN-KETTLE METHOD

CANNED FRUITS

Small fruits and berries *or*

Porter apples, quartered, cored, and pared *or*

Peaches, whole or cut in pieces *or*

Bartlett pears or quinces, quartered, cored,
and pared

Sugar, $\frac{1}{3}$ weight of fruit

Water, $2\frac{1}{2}$ cups to each
pound of sugar

Boil sugar and water 10 minutes to make a thin sirup. Cook fruit, small quantity at a time, in sirup. Cook hard fruits, like pineapple and quince, in boiling water until nearly soft, then put in sirup to finish cooking.

Fill hot sterilized jars (p. 767) with fruit and add enough sirup to overflow jars. If there is not sufficient sirup, add boiling water, as jars must be filled to overflow. Introduce a spoon between fruit and jar, that air bubbles may rise to top and break. Quickly put on rubbers and half-seal covers. Process jars in boiling hot water bath 5 minutes. Remove, complete seal, cool, label and store. Place jars on cloth wrung out of hot water while filling.

CANNED HUCKLEBERRIES

Pick over and wash berries. Put in preserving kettle with small quantity of water to prevent berries from burning. Sprinkle with salt. Cook until soft, stirring occasionally. Put in sterilized jars. Partially seal, process in boiling-water bath 5 minutes. Complete seal. No sugar is needed.

CANNED TOMATOES

Wipe tomatoes, cover with boiling water, let stand 2 minutes, and peel. Cut in pieces, cook until thoroughly scalded. Skim often during cooking. Fill jars (p. 767).

TOMATO JUICE

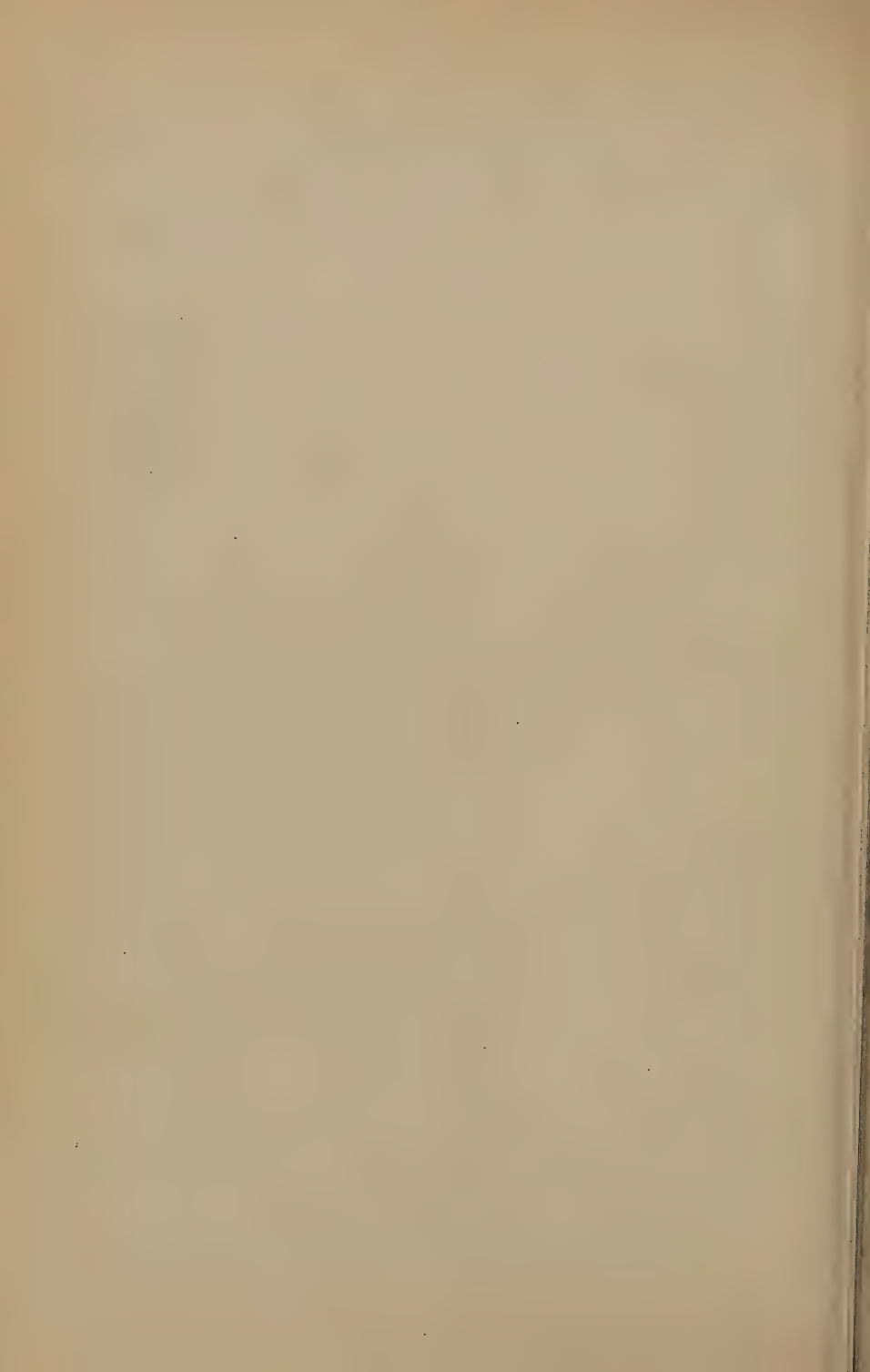
Wash ripe tomatoes, cut in small pieces, and simmer in small quantities until just soft enough to put through fine sieve. Bring juice to boiling point and pour into hot sterilized jars or bottles. Seal. Seasonings may be added to taste while cooking, such as celery tops, bit of bay leaf, a few cloves, etc. Use for soups and sauces as well as cocktails.

· SAVORY TOMATO JUICE

1 peck tomatoes	$\frac{1}{4}$ cup salt
4 large onions, sliced	$\frac{1}{4}$ cup sugar
1 bunch of celery, cut in pieces	$\frac{1}{2}$ teaspoon pepper
2 green peppers, cut in pieces	$\frac{1}{2}$ teaspoon basil, if desired

Wash tomatoes but do not peel. Cut in pieces, add onions, celery and peppers and cook until vegetables are tender. Put through sieve. Add seasonings, bring to boil and bottle.

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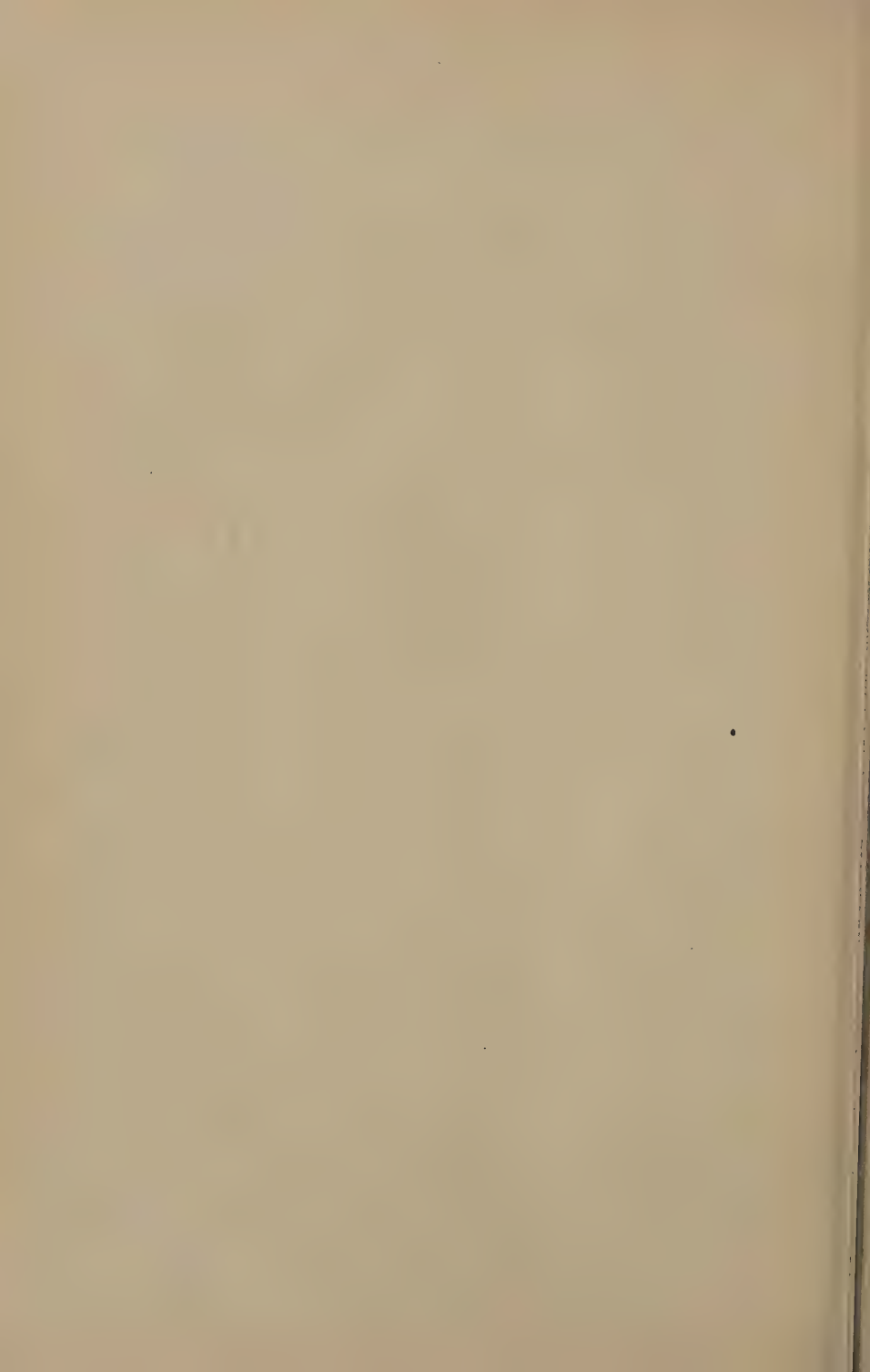
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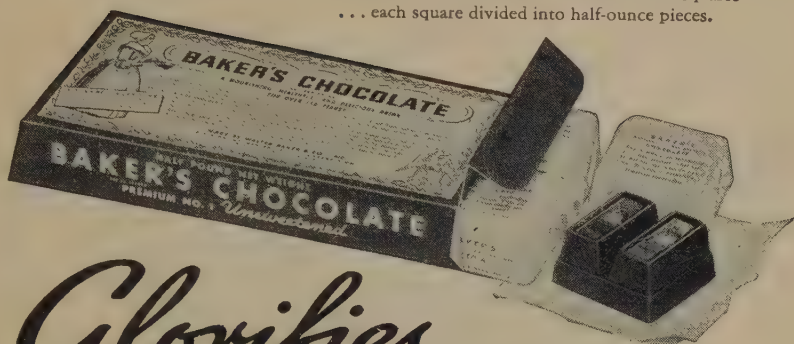
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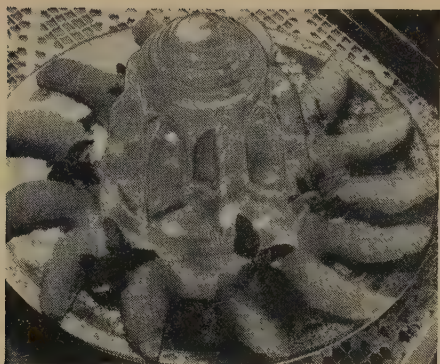
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RENNET-CUSTARD RECIPES

By MARY MASON, Director Domestic Science Dept., "THE 'JUNKET' FOLKS"

GOLDEN GLOW RENNET-CUSTARD

- | | |
|------------------------|-----------------------|
| 1 package Lemon | 1 pint milk |
| "JUNKET" Rennet Powder | 1 cup stewed apricots |

WARM one half pint of milk to LUKEWARM, not hot, and add half of package of "JUNKET" Rennet Powder. Stir immediately and briskly until dissolved — not more than one minute, and pour equal amounts into five individual dessert glasses. Rub the stewed apricots through a sieve and sweeten to taste. When the rennet-custard is firm, add a layer of apricot pulp. Dissolve the other half of "JUNKET" Rennet Powder in one half pint of LUKEWARM milk, just the same as the first, and pour over the apricots. When firm, chill in refrigerator. Serve with whipped cream, if desired.

RASPBERRY WHIP

- | | |
|------------------------|------------------------------------|
| 1 package Raspberry | $\frac{1}{2}$ cup marshmallow whip |
| "JUNKET" Rennet Powder | 2 tablespoons raspberry jam |
| 1 pint milk | |

PREPARE raspberry rennet-custard according to directions on package. Chill in refrigerator. Soften $\frac{1}{2}$ cup marshmallow whip with 1 tablespoon of boiling water. Stir in the raspberry jam and serve as a topping.

ORANGE RENNET-CUSTARD WITH BANANAS

- | | |
|------------------------|-------------|
| 1 package Orange | 1 pint milk |
| "JUNKET" Rennet Powder | Bananas |

CUT bananas in thin slices and place in bottom of dessert glasses. Prepare orange rennet-custard according to directions on package and pour immediately over bananas. Let stand in warm room until firm, then chill in refrigerator. Serve cold.

FRESH STRAWBERRY ICE CREAM — (Rennet-Custard)

- | | |
|--------------------------|--------------------------------------|
| 1 "JUNKET" Rennet Tablet | 1 cup heavy cream |
| 1 tablespoon cold water | $\frac{3}{4}$ cup sugar |
| 1 tablespoon lemon juice | 1 $\frac{1}{2}$ cups sweetened fresh |
| 2 cups milk | crushed strawberries |

DISSOLVE "JUNKET" Rennet Tablet in 1 tablespoon cold water. Warm milk, cream and sugar to LUKEWARM, not hot, stirring constantly. Remove from stove. Be sure the sugar is dissolved. Add the dissolved "JUNKET" Rennet Tablet. Stir a few seconds and pour immediately into freezer can, and let set at room temperature until firm and cool. Freeze in ice and salt mixture (4 parts ice to 1 part ice cream salt). Turn freezer as is customary in making hand freezer ice cream until the mixture becomes a soft mush. Add the sweetened and crushed fresh strawberries to which has been added 1 tablespoon of lemon juice. Finish freezing. Repack with ice and salt and let set until ready to serve.

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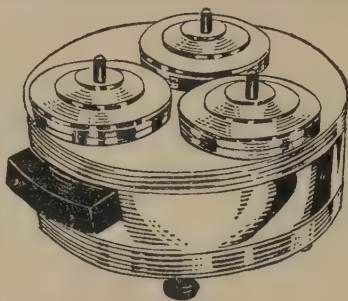
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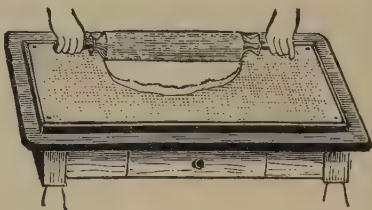
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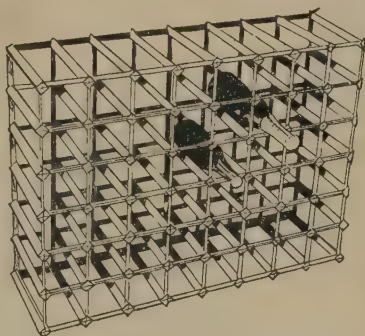
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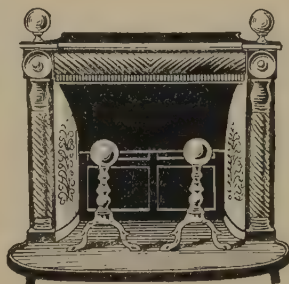
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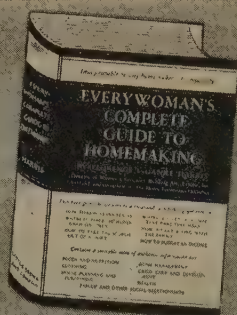
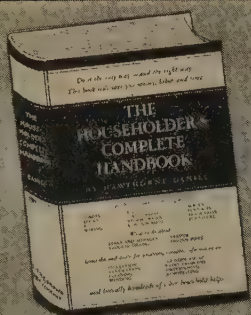
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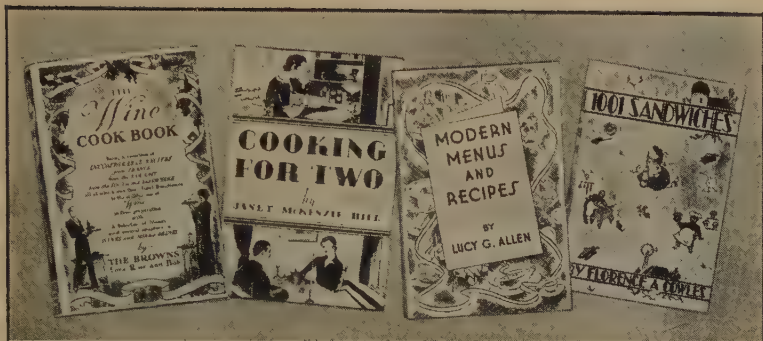
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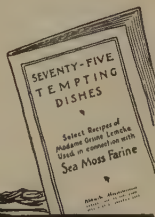
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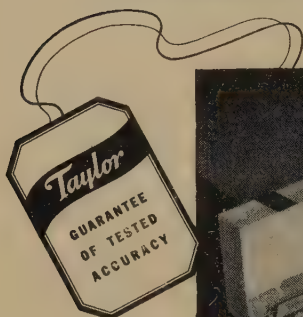
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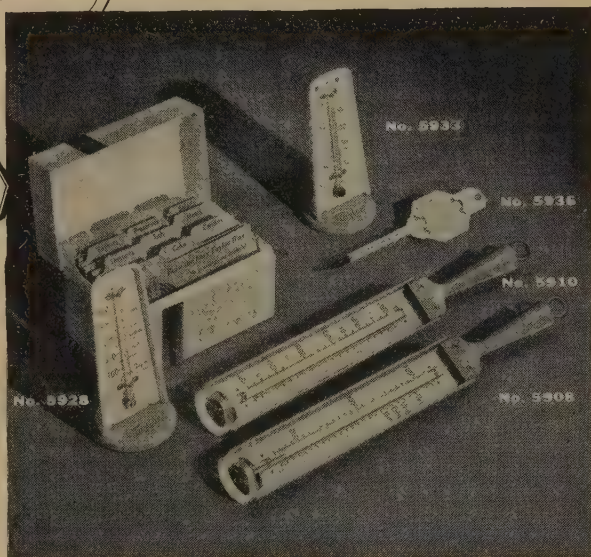
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SUBSTITUTIONS

1 square chocolate	=	2 $\frac{2}{3}$ tbsp. cocoa + $\frac{1}{2}$ tbsp. shortening
1 cup pastry flour	=	1 cup bread flour less 2 tbsp.
1 tbsp. cornstarch	=	2 tbsp. flour (for thickening)
1 tsp. baking powder	=	$\frac{1}{4}$ tsp. soda and $\frac{1}{2}$ tsp. cream of tartar
1 cup sugar	=	$\frac{3}{4}$ to 1 cup molasses + $\frac{1}{4}$ to $\frac{1}{2}$ tsp. soda *
1 cup sugar	=	1 cup honey + $\frac{1}{4}$ to $\frac{1}{2}$ tsp. soda *
1 cup sugar	=	1 cup maple sirup + $\frac{1}{4}$ tsp. soda *
1 cup sugar	=	$\frac{1}{2}$ cup maple sirup and $\frac{1}{4}$ cup corn sirup *
1 cup molasses	=	1 cup honey
1 cup milk	=	$\frac{1}{2}$ cup evaporated milk and $\frac{1}{2}$ cup water
1 cup milk	=	$\frac{1}{2}$ cup condensed milk and $\frac{1}{2}$ cup water (reduce sugar in recipe)
1 cup milk	=	4 tablespoons powdered milk and 1 cup water
1 cup butter	=	$\frac{4}{5}$ cup bacon fat, clarified **
1 cup butter	=	$\frac{2}{3}$ cup chicken fat, clarified **
1 cup butter	=	$\frac{7}{8}$ cup cottonseed, corn, nut oil (solid or liquid)
1 cup butter	=	$\frac{7}{8}$ cup lard + salt
1 cup butter	=	$\frac{1}{2}$ cup suet + salt **
1 cup pearl tapioca	=	$\frac{3}{4}$ cup quick-cooking tapioca

* Reduce the liquid $\frac{1}{4}$ cup.

** Increase the liquid $\frac{1}{4}$ cup or more.

EQUIVALENTS

A few grains	=	less than $\frac{1}{8}$ teaspoon	16 tablespoons	=	1 cup
3 teaspoons	=	1 tablespoon	$\frac{1}{2}$ pint jar	=	1 cup
1 fluid ounce	=	2 tablespoons	1 quart jar	=	4 cups
2 pints	=	1 quart	4 gills	=	1 pint
8 quarts	=	1 peck	4 quarts	=	1 gallon
4 pecks	=	1 bushel			
454 grams	=	1 pound or 16 ounces	100 grams	=	3.5 ounces
100 grams	=	7 tbsp. butter or $\frac{1}{2}$ cup less 1 tbsp.			
100 grams	=	7 tbsp. sugar or $\frac{1}{2}$ cup less 1 tbsp.			
100 grams	=	11 tbsp. bread flour or $\frac{3}{4}$ cup less 1 tbsp.			
100 grams	=	14 tbsp. pastry flour or $\frac{7}{8}$ cup			

CAPACITY OF CANNED-FOOD CONTAINERS

Buffet or Picnic	=	1 cup	No. 2 $\frac{1}{2}$	=	3 $\frac{1}{2}$ cups
No. 1	=	1 $\frac{1}{3}$ cups	No. 3	=	4 cups
No. 1 (tall)	=	2 cups	No. 5	=	7 cups
No. 2	=	2 $\frac{1}{2}$ cups	No. 10	=	13 cups

WEIGHTS AND MEASURES OF FOODS COMMONLY USED

MATERIAL	WEIGHT	MEASURE
Apples (as purchased)	3 lbs.	2 quarts
Apricots (dried)	1 lb.	3 $\frac{2}{3}$ cups
Asparagus (fresh)	1 lb.	20 large stalks
Bananas (as purchased)	1 lb.	3 large
Beans, String (fresh)	12 oz.	1 quart
Dried	1 lb.	2 cups
Bread Crumbs	2 $\frac{3}{4}$ oz.	1 cup
Butter	1 lb.	2 cups
	$\frac{1}{2}$ oz.	1 tablespoon
Coconut (shredded)	2 $\frac{4}{5}$ oz.	1 cup
Corn Meal	1 lb.	3 cups
Cornstarch	4 $\frac{1}{2}$ oz.	1 cup
Cranberries	1 lb.	1 quart
Currants (dried)	1 lb.	2 $\frac{3}{8}$ cups
Dates	10 oz.	2 cups, seeded and chopped
Flour, Bread	1 lb.	3 $\frac{1}{5}$ cups
Bread	1 oz.	3-4 tablespoons
Entire Wheat	4 oz.	1 cup
Graham	5 oz.	1 cup
Pastry (sifted)	4 oz.	1 cup
Hominy, Raw	6 oz.	1 cup
Lard	8 oz.	1 cup
Lemon (1 average size) yields	1 $\frac{1}{2}$ oz. or 3 tbsp. juice and 3 tsp. grated rind	
Macaroni	4 oz.	1 cup
Milk (skim)	8 $\frac{1}{2}$ oz.	1 cup
Molasses	12 oz.	1 cup
Nut Meats	5 $\frac{1}{3}$ oz.	1 cup
Oats, Rolled	2 $\frac{3}{4}$ oz.	1 cup
Orange Juice	8 oz.	1 cup
Potatoes, White (as purchased)	1 lb.	4 medium
Prunes (cooked and pitted)	1 lb.	2 $\frac{2}{3}$ cups (40-50 for medium-sized fruit)
Raisins	5 $\frac{1}{3}$ oz.	1 cup
Rice	8 oz.	1 cup
Rye Meal	4 $\frac{1}{8}$ oz.	1 cup
Spinach	3 lbs.	1 pk.
Sugar, Confectioner's	4 $\frac{1}{2}$ oz.	1 cup
Brown	5 $\frac{1}{2}$ oz.	1 cup
Granulated	5 oz.	1 cup
Tapioca, Pearl and Quick	6 oz.	1 cup
Tomatoes	1 lb.	4 medium
Water	8 oz.	1 cup

ALL MEASUREMENTS IN THIS BOOK ARE LEVEL

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